COTTONWOOD

1983

Gwen,
It's been fun having you in English. I'm so glad this year is almost over and summer starting. Be good over vacation but I have fun too! I'll see you next year! Good luck with everything to come.
Call me over your lonely
We could get together and
have a beach party or
something. Sound fun?
Full N Fuck
Shannon (last period English)

Gwen
Hope you have a great summer and don't party too much
Hope to see you next year.
Tina Hayes

"GWEN"
Have a Partie
Summer Look
out for Sludge
Monsters Like
Desatoff
Love
Noah
Bailey

Well Gwen,
It was nice meeting you this year. Tennis was fun when I was in the ~~the~~ it. Come see me at the station
Love
Donnie
(76)

Hay Gwen
How's it going?
Good, glad to hear it.
Call me this summer!
(213) 430-4649. Maybe
we can go to a mall
this summer. Bye
Love
Kelley Rhoades
Gwen

Gwen —
wasn't chemistry a real drag — well we are half way through this "Dump" of a high school — well, I hope to see you over the summer —
Love
Kevin Austin
"the Brain"

Gwen,
Well cutey,
English has
been a hear but
we made it! Glad
Friends. And that we became
Kirk! that Poor Dog!!! Hope
have at least some
classes together next year.

Love,
Kirk Johnson

Gwen,
I remember the first day
came in P.E. I was wasted!
It was fun Mr. Rogers is a
Boon, but oh well! Have a
cool summer!

Love,
Debbie
Mucchetti

Gwen,
I love your personality, and
between your beautiful
teeth, chic nails, cute, and
bright eyes you'll be a star.
Smile. Don't forget to study
changing. Don't go to a rodeo home.
Be your next year, in another
really awsome and hard English class.

Love, Kirk Johnson

Gwen
Hi have a great
Summer and a happy
new year. I hope you
can go to this school
next year. Its been
fun having you around
Your friend forever
Tim Beck

Gwen,
It was really
nice knowing you
in tennis and Driv-
er's ED. first sem-
ester and English
2nd. I hope that I
see you next year
and that we have
some classes together
next year. Have a
great Summer! If
you get bored call
me 431-0923.

GWEN,
YOU ARE A
[redacted]
DON'T WORRY ABOUT
DAN'S DUI,
IT'S
THE MAN OF THE

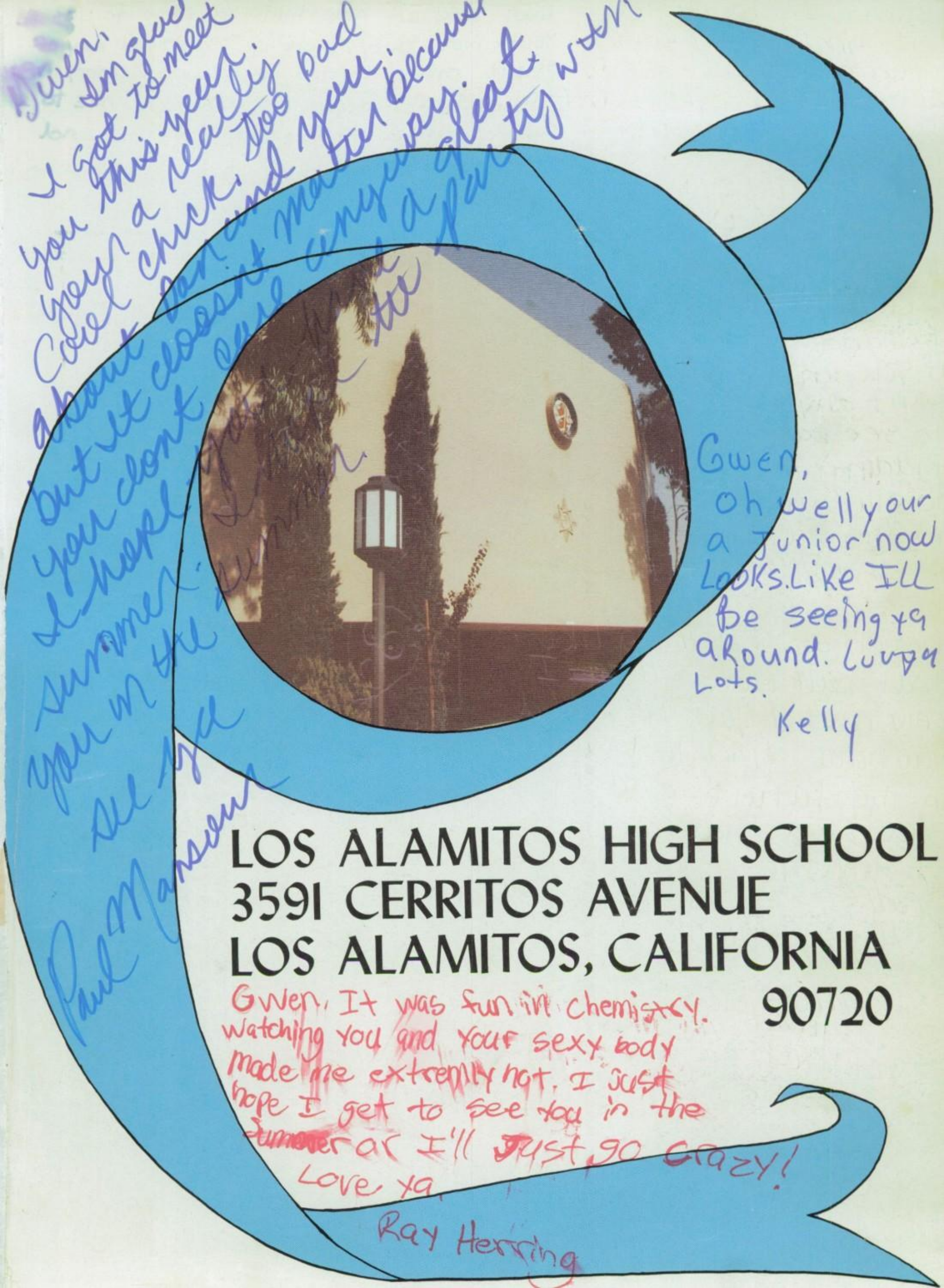
Gwen, How's life
been treating you?
I totally love you
because you are
so hott. Well apt
logo love, Sandy.

Gwen,
I think your a great friend.
You always there when I
need you. And I hope I'll
always be there when we
need me too. You are one of
my best friends and that's
just as good
friend is
you know how
think about
Well. I know
We fight
sometimes
but it's no
deal it
fight and
don't
think we
would be as
good of friends

P.S. "04"
I'm
writing
another
page too.

because
people stay
when you
don't
Really
know them.

Timing



Gwen,
Oh well your a Junior now Looks.Like I'll be seeing ya around. Luvya Lots.
Kelly

LOS ALAMITOS HIGH SCHOOL
3591 CERRITOS AVENUE
LOS ALAMITOS, CALIFORNIA 90720

Gwen, It was fun in chemistry. Watching you and your sexy body made me extremly hot. I just hope I get to see you in the summer or I'll just go crazy!
Love ya
Ray Herring

Gwen. IM glad that we finaly got to know each other. your totaly sweet. IM sorry I didnt call you friday but I will for sure in the summer. IM still Mad at you for not bringing the pictures but I understand if you don't wan't anyone to see pan (only kidding). you haue to giue me a call in the summer. when ever you want to go to a party are goto the beach or something like that call Me. well ~~I~~ only haue 1 year left and you haue 2 (haha). good luck in the future and be sure and stay out of trouble. Take care

Call Me 430-1177

Haue a great summer

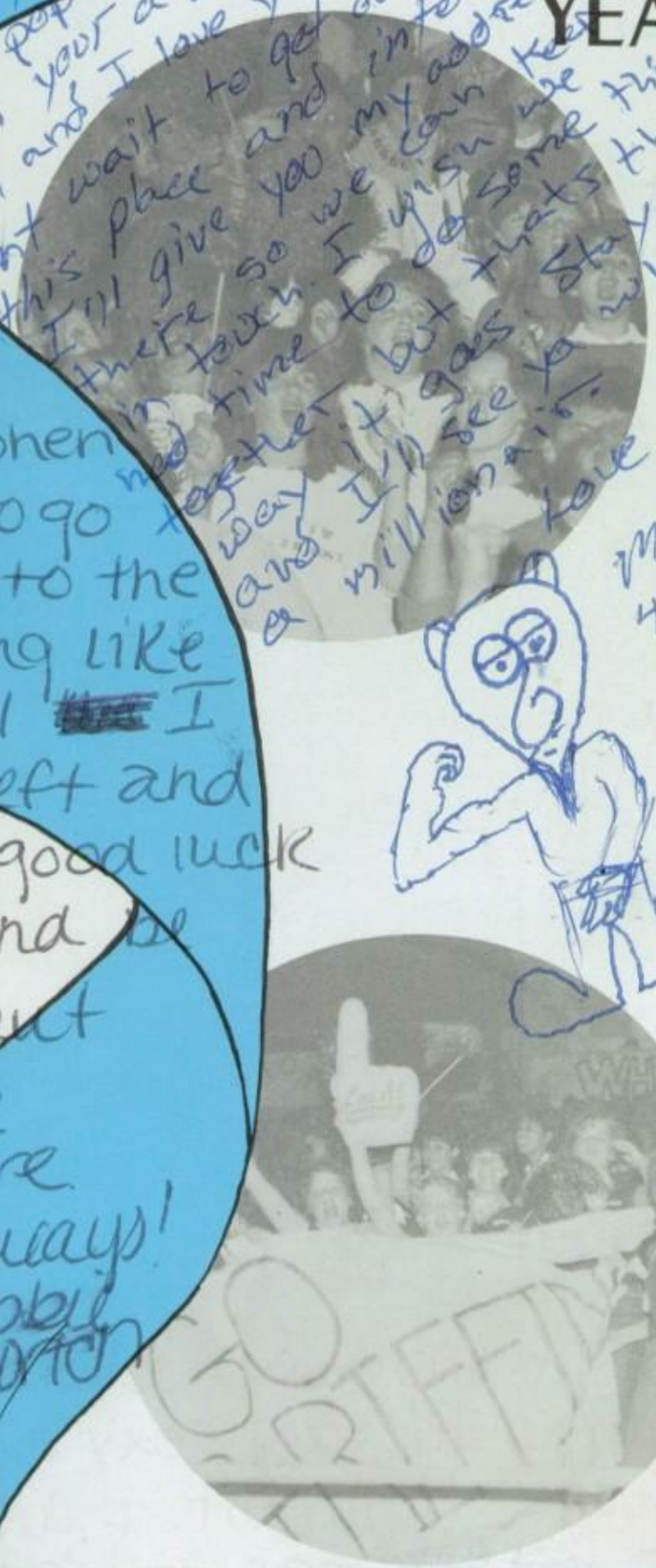
Love always!
Debbie Dorton

Gwen, Well IM glad that you came to los Al your not tacky, stuck-up or ugly or any of those other things that you were Thanks for being so cool. you have to go to Lake Arrowhead with me and will go water skiing. Dont Foeget to write in your year book & come over.

Love Rod (594-9905)

Gwen, I finally found space to write in your year book & come over. Seriously, though your a beautiful girl and I love ya. Hey I cant wait to get out of this place and into college. I'll give you my address so we can keep in touch. I wish we could get together but that's the way it goes. Stay nice and I'll see ya when I'm a millionaire.

Love you
Mike Rock
421-7381
Call me



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Gwen, I don't know where to start. I am really glad we were good friends I hope we stay good freinds still. I am glad you moved here. It was really fun talking with you about all of Brook's Babes! I want to get together in the summer OK? Call me 598-4018. Have fun in the sun! I hope to see you next year! Stay out of trouble, If you can't name it after me! OK! Love ya Lots, Julie Luneta

nug

nug

Gwen, It was great having you in my P.E. class. Even though we each other seemed Have a great summer and I'll see you next year.

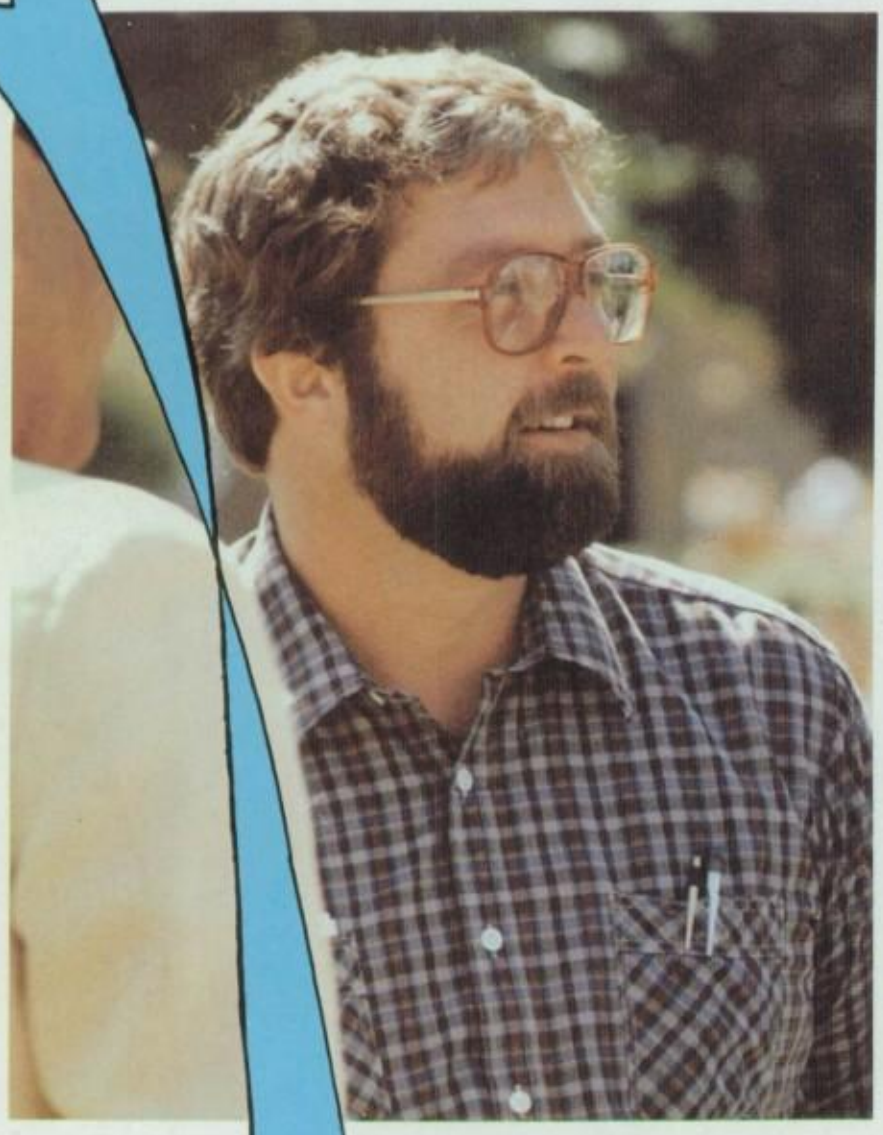
Gwen, It fun rowing you and I'm glad I met you. It was fun in ceramics and I hope you have a great summer, your friend, Brian Houck

Gwen, I am glad I met you in chemisty this year. I think you are a sweet person. I hope we have a class next year. Tell me if DeShaun moves in with you. I hope you have a rad summer. Maby I will see you at the beach. Keep in touch. 493-5063

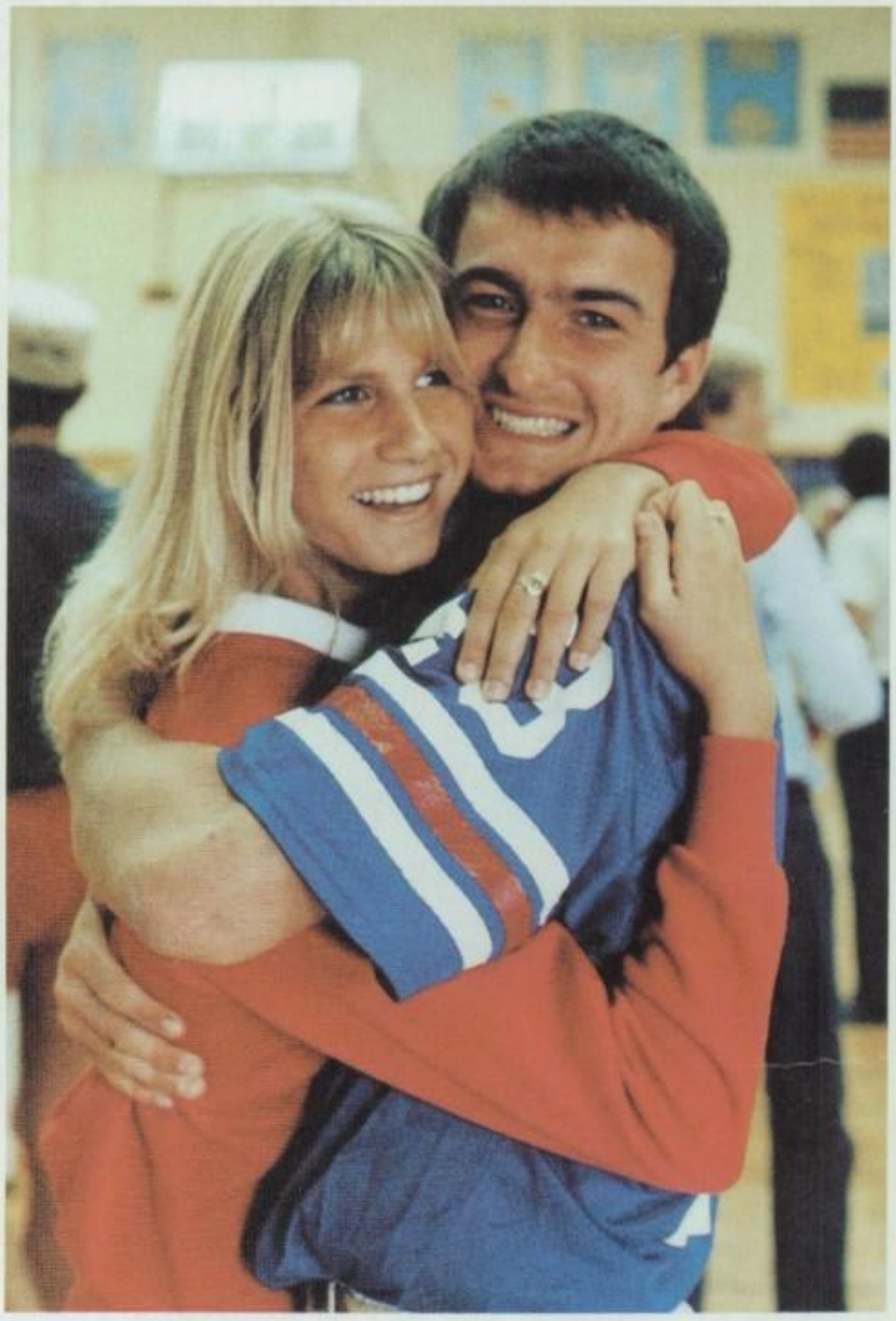
Lori Sellinger

FRIENDSHIPS TIE EVERYTHING TOGETHER

Let us remember our friendships that formed during our high school years, and ahead to the new friendships in our future. It was that special feeling that we all felt. Special day by day things changed our minds and caused us to grow. We all experienced this growing in one way or another. It was either by a reassuring smile, special words from a friend, or simply someone to listen to each of us. We will always remember the friendships and the closeness of this time in life, and hope it will never be forgotten. We all learned more than just school and textbook knowledge-we learned about ourselves and others-we learned how to dream, and how to go for that dream. The best times of all were with our close friends. Our friends were at times our strength and our laughter, and each one of us had someone that made the year more wonderful and special.

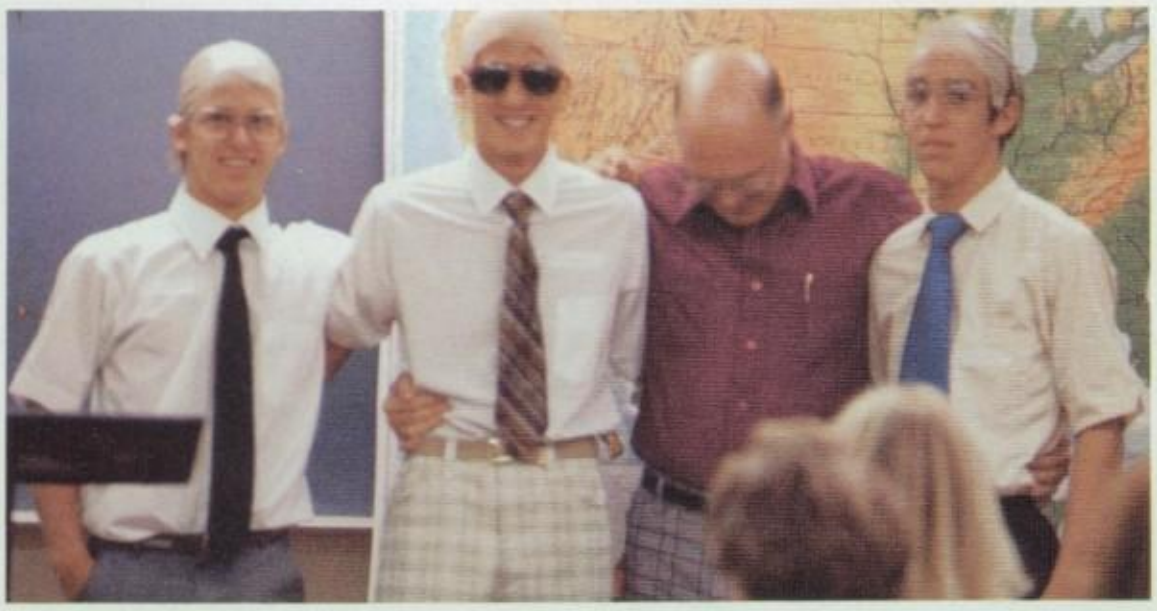


Mr. Richard Husbands, Dean of Attendance, looks across campus noticing all the close friendships that have formed.

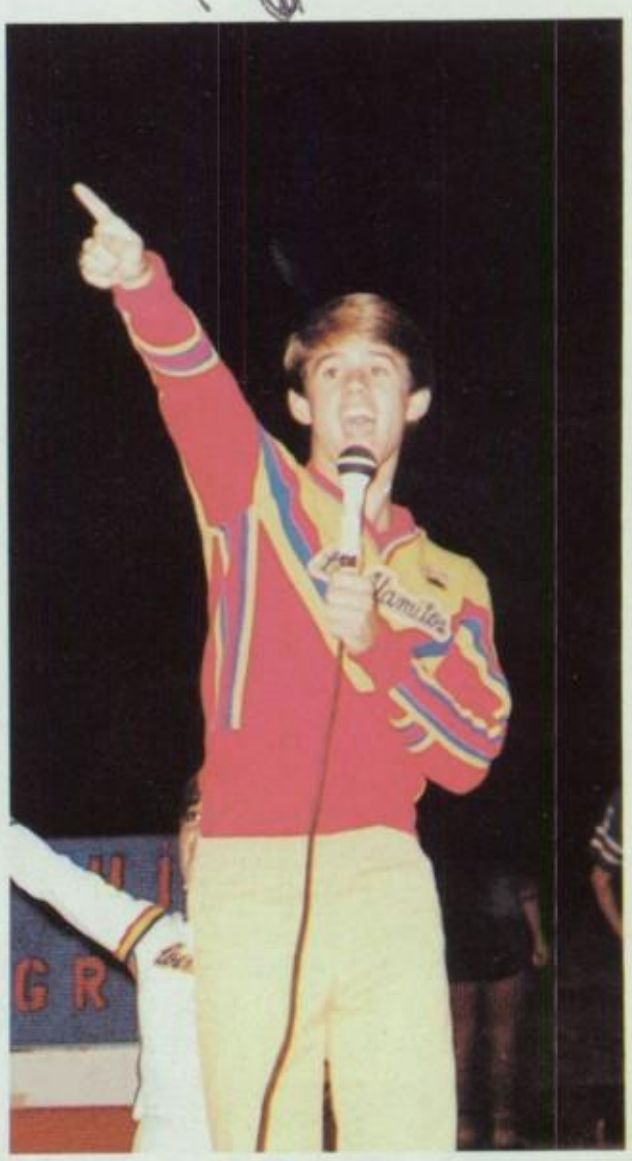


Debbie Kurtela and **Rich Moody** know that a big, warm, and tender hug is needed by all. Close friendships make our classes go by much faster than they really are.

Guess,
I'm glad I met
you this year I hope
that we stay in touch after
grad. I'm moving to Palm Springs
in July so I'll probably see you at
the Beach. Good Luck Next year.
Love Ya'
Kim



During spirit week, **Chuck DuBourdieu, Louie Arambula,** and **Craig Murray** all dress as their favorite teacher, **Mr. Walt Hauenstein.** Mr. Hauenstein does not believe all the fans he has gained throughout the years.



Yell leader, **Fred Kergan,** motivates the crowd to start rooting, then leads them in a cheer.

Twins, Pat Stoll and **Tim Puentes,** ride around the school on a bicycle built for two, proudly displaying their school spirit during homecoming week. These two candidates for "best twins" represent their spirit club, the LA Woodies.

WE PULL THROUGH

Remember the pair that won the pie eating contest? Or how about your friends that dressed up as their favorite teacher on "Teacher Dress Up Day?" Perhaps it was "Beach Day" dressing in beach attire and then involving yourself in the VW cram. A school year just wouldn't be complete without the memorable activities during spirit week.

The can food drive became a major activity for us all. Students contributed a tremendous amount of cans in hopes that our school would attend the REO Speedwagon concert.

Think back to all our Pep Rallies: cheerleaders inspiring the crowd of students, music provided by our marching band, and performances by the Flag and Rifle Teams and Drill Teams. Because of our school pride, Los Al exhibits inexhaustable school spirit.

Kelly Gaines dances in the gym, expressing her approval of the music, which will keep her dancing until her feet hurt.

Elizabeth Powell just doesn't understand why she receives funny looks from her friends. She is dressed as the opposite sex during Spirit Week.

Scepter provided entertainment for all who love to dance. They played an array of "rockabilly" music in our gym at the homecoming dance.

Dressing as the opposite sex proves to be quite an event. **Tony Foster, Kim Jeanotte,** and **Louie Arambula** enjoy getting involved in this unusual spirit week day.

Steve Varalyai and Lisa Harris contribute willingly towards the can food drive contest, hoping that their donations will bring them closer to seeing the REO Speedwagon concert.

Robbie Rinella and Darrin Sarto row along campus showing everyone their uniqueness. During spirit week's Beach Day, they hope to become the first white cement rafters.

Keeping cool and wet during spirit week's beach day, **Tammy Sloan and Jackie Palmer** have squirt gun fights while managing to sustain uncontrollable laughter.

and I hope that we can
see eachother often during the summer.
Hope you get together with Greg, if not
Casey, if not Keith. Oh, yah, and I hop
Dan goes to hell dd Love ya, Kim

LA'S ATHLETES SPRING INTO ACTION

Los Al without athletes? Sporting events play a major part in our school. With a great number of outstanding athletes who put forth their efforts and talented skills, they made all of our teams winning in both spirit and play. Not only are our athletes an important aspect of our teams, but the many student and faculty spectators, rooters, and fundraisers helped to encourage the members so that they would strive for the very best. Being on a team became more meaningful as the seasons progressed.

All of Los Al's many teams, women and men alike, prepared themselves hoping to reach the top. Many succeeding in their accomplishments, and all having a great time participating.

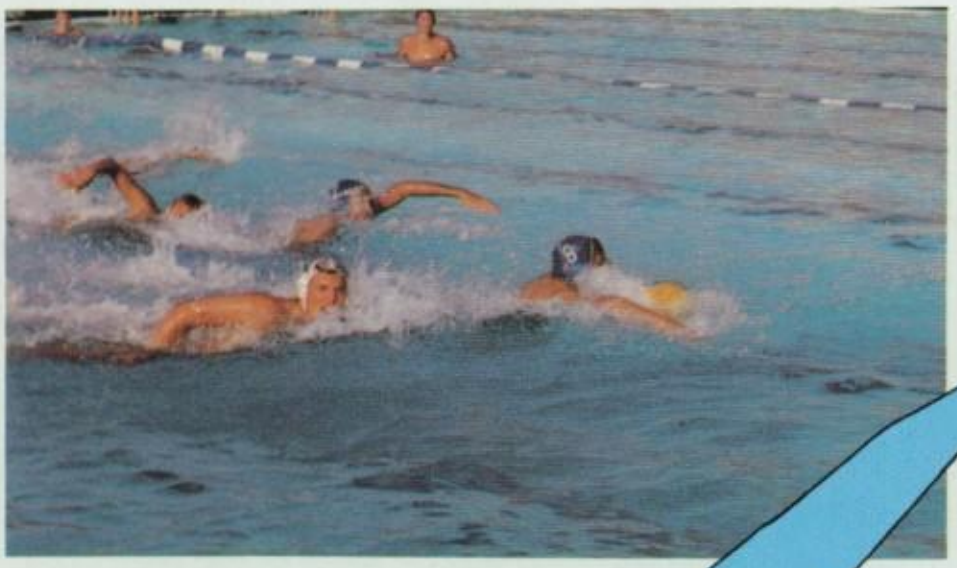
Through our wins and loses, we learned how to compete; only with each defeat can we truly appreciate and respond to the splender of victory.

Bret Pfost and Jeff Vierra are faithful to their Southern California number one record breaking cross country runner.

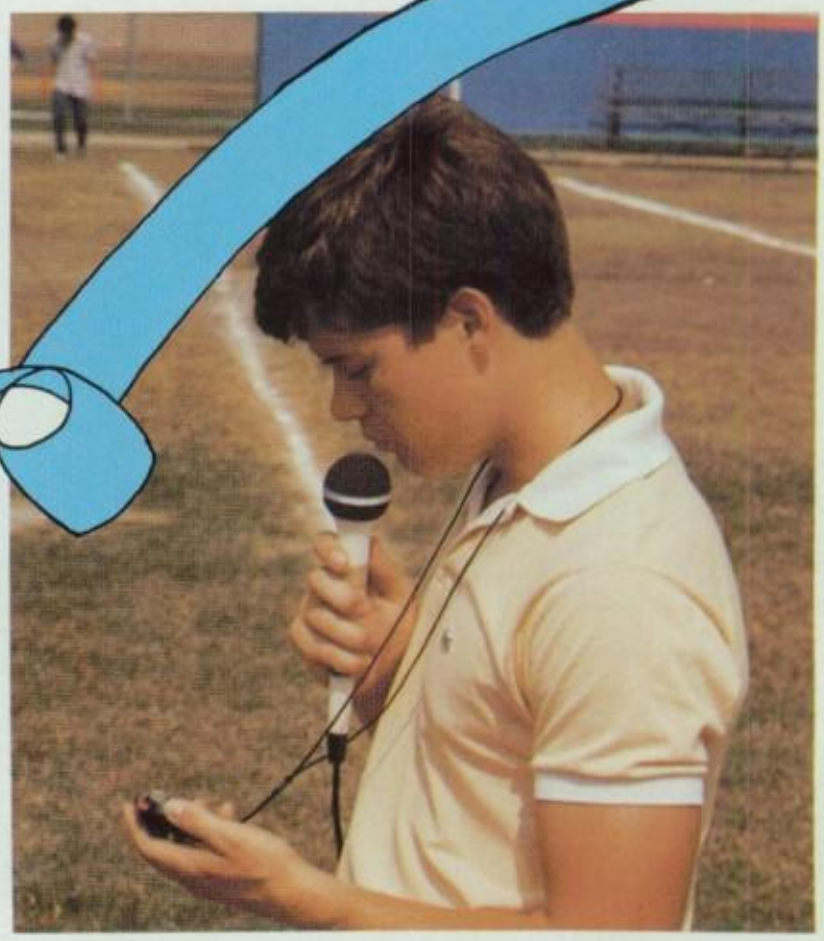
A great asset to our school, Mark Junkermann is one of the top five runners in California, breaking records in almost every race.

The Varsity Football Team jumps in victory over the defeat of Pacifica. All are overwhelmed by their win, keeping their spirits high and enthusiastic.

Coach Jim VanGorder explains to Robert Brakke that he must put his entire soul into the game and also inspire his teammates to do the same. Much encouragement and spirit in a team creates an overwhelming desire to play their best.

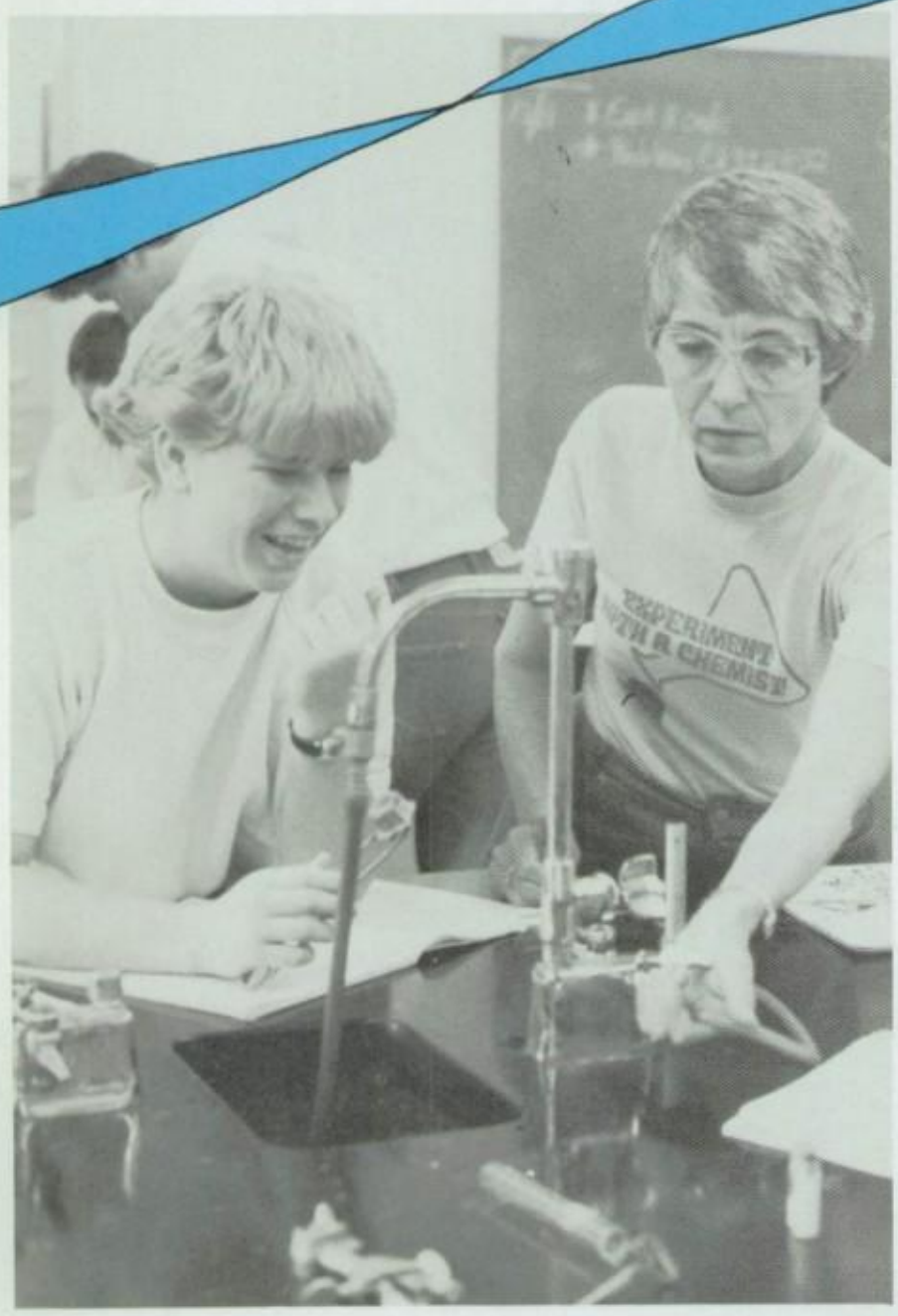


Derek Hobbs makes waves in a water-polo match as he swims defensively with the ball toward opponents' goal.



Checking the stop watch during on of the track team's training sessions, Jason Noe announces over the mike that a record could be broken.

Photography teacher, **Mr. Ron Considine**, holds up developed film so that **Claudia Gaona** and **Janette LaFreniere** can assist him in judgement of the photographs.



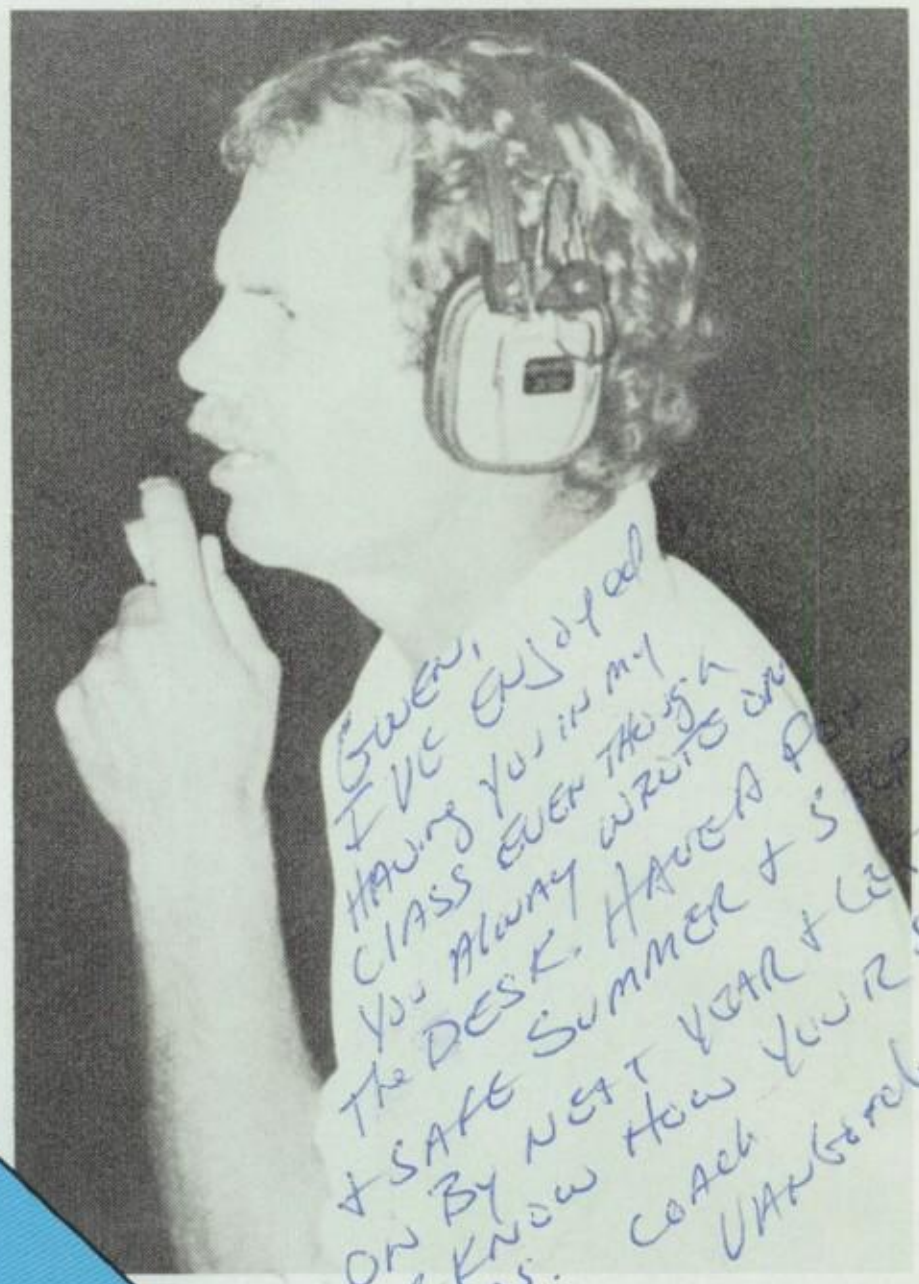
The chemistry lab is filled with anxious students willing to learn new things. **Mrs. Carol Holmes** assists **Karen Englert** in working out formulas for a lab.

Mr. Gregnano smiles with a joyous grin as **Kim McAfee** gives him an affectionate hug assuring him that she will remain his friend throughout the year.

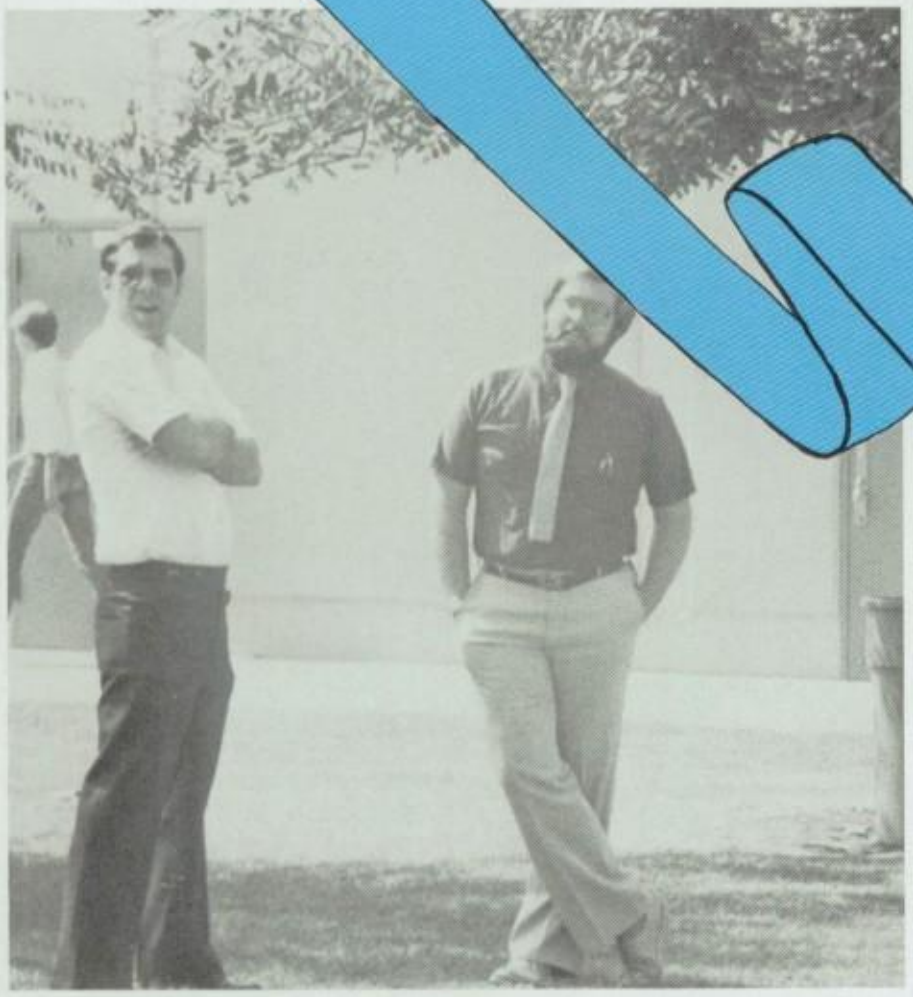
CHALLENGES MAKE DAYS NOT SO ROUTINE

From the beginning of the school year, each of us thought of our teachers and administrative staff in different ways. Remember how it felt to have been the one to answer questions when you forgot to do your homework? We finally realized that those very teachers were our friends. The kind of friends that cared enough to help us learn, straighten out our lives and guide us in the right direction. The administration cared enough about us to always want to listen to what we had to say and then help each and everyone of us in trying to solve our problems. By the time the school year was over, we learned that the faculty members were our allies who taught us responsibilities to help us be on our own, and those teachers who had become our favorites, were in our fond memories forever.

Mrs. Jan Kenny explains to Kendra Blan that her layouts have to conform to the specifications that are set.



At a football game, Coach Jim Van Gorder stands on the sidelines and coaches the players to victory.



At lunch, Mr. Dale Ferber and Mr. Richard Husband enjoy talking to each other about what has happened during the course of the school day.

HOMECOMING BINDS MEMORIES FOREVER

Searching for the memories, seeking our friends and enjoying the company of others; Homecoming gives everyone the time to once again be with our long lost buddies. Reliving the moments of the football games we attended every week reminded us of the hooting and hollering of our spirit clubs. Homecoming was the time when we would see our former classmates in a different manner: sentiments and emotions. It was that special time of life that will be cherished in the hearts of everyone involved, especially the Homecoming Queen and her court along with the handsome Mr. Irresistable.

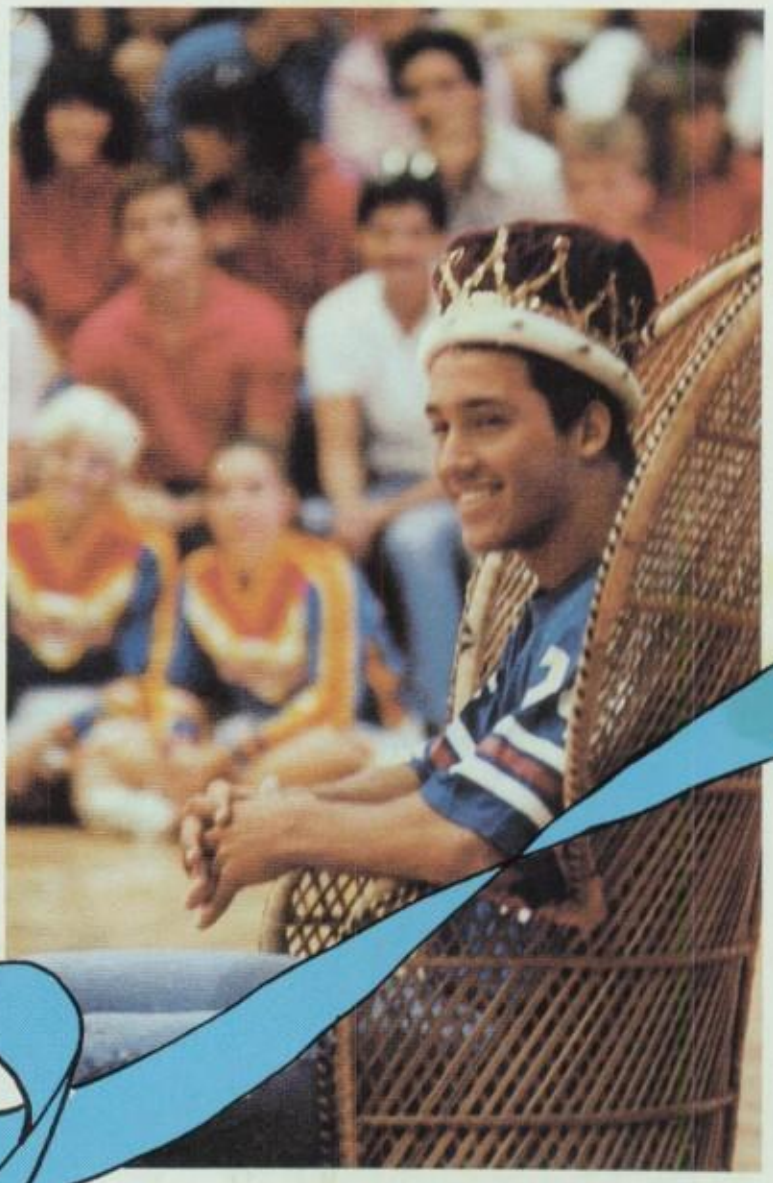
Each year as high school Homecoming rolls around, the many friends of our past gather to once again renew memories of some of the best years of our lives.

Twins Dress-Up Day has many sentiments as well as laughs. Best friends, Stacey Gill and Tracy Miller, dress up as twins and become even closer for a day.

Gunther Griffin and Lucy Napoles keep everyone smiling, and remind all that Los Al is number one in spirit.

Cheers and hoots arise from the irreplaceable C.F.A. at the Homecoming game. Spirit and enthusiasm creates a spectacular feeling in a crowd of football fans.

Homecoming's banner welcomes the Griffin Varsity Football team onto the field, and is held up for the players to run through. The spirit displayed at the homecoming game helps support the football team.



What else has Mr. Irresistable, Joe Kimball, to do except relax on his throne and recognize his fans as his friends?

Homecoming Queen, Suzie Wuesthoff, sparkles with excitement as best friend and junior escort, Kim Wiley, adjusts her crown.

EACH DAY SPARKS UP NEW FRIENDSHIPS

The friendships on our campus caused many clubs and organizations to form. These clubs existed for various reasons. Many of them were for promoting school spirit and for bettering the school and community. The people who were constantly involved in school activities ahowed much effort in supporting our school.

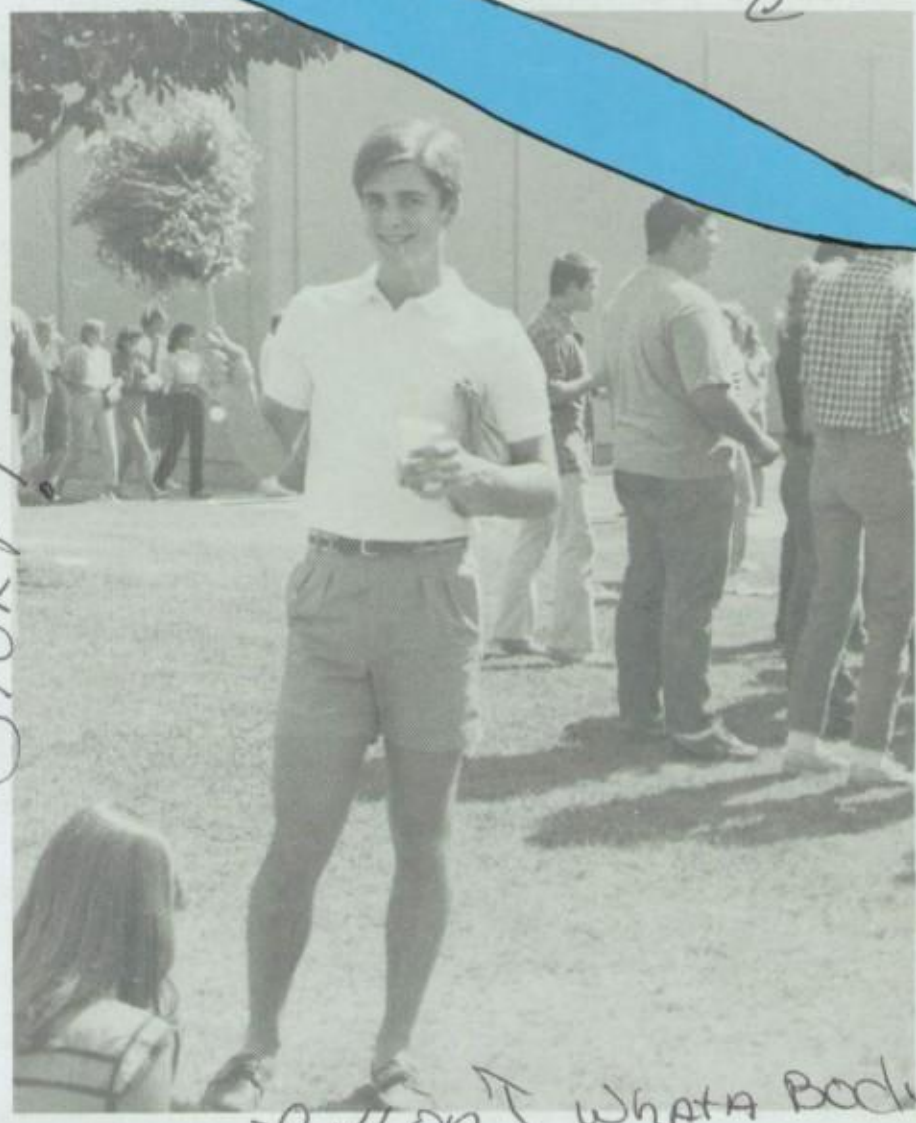
The Class of '83 was no exception. These students also were extremely spirited and supportive. They stuck together throughout the year and will always remember their close friendships. All of us will continue to form new friendships and clubs as we progress through life.

Friendships that were established at Los Al will always continue to grow strong because we have the special people here that make our school number one. Let us all remember how are clubs and friendships made our days at high school the best days of all.

Garth Inskeep carefully examines the ribbon of friendship as his good buddy Steve Randall waits to hear his thoughts.

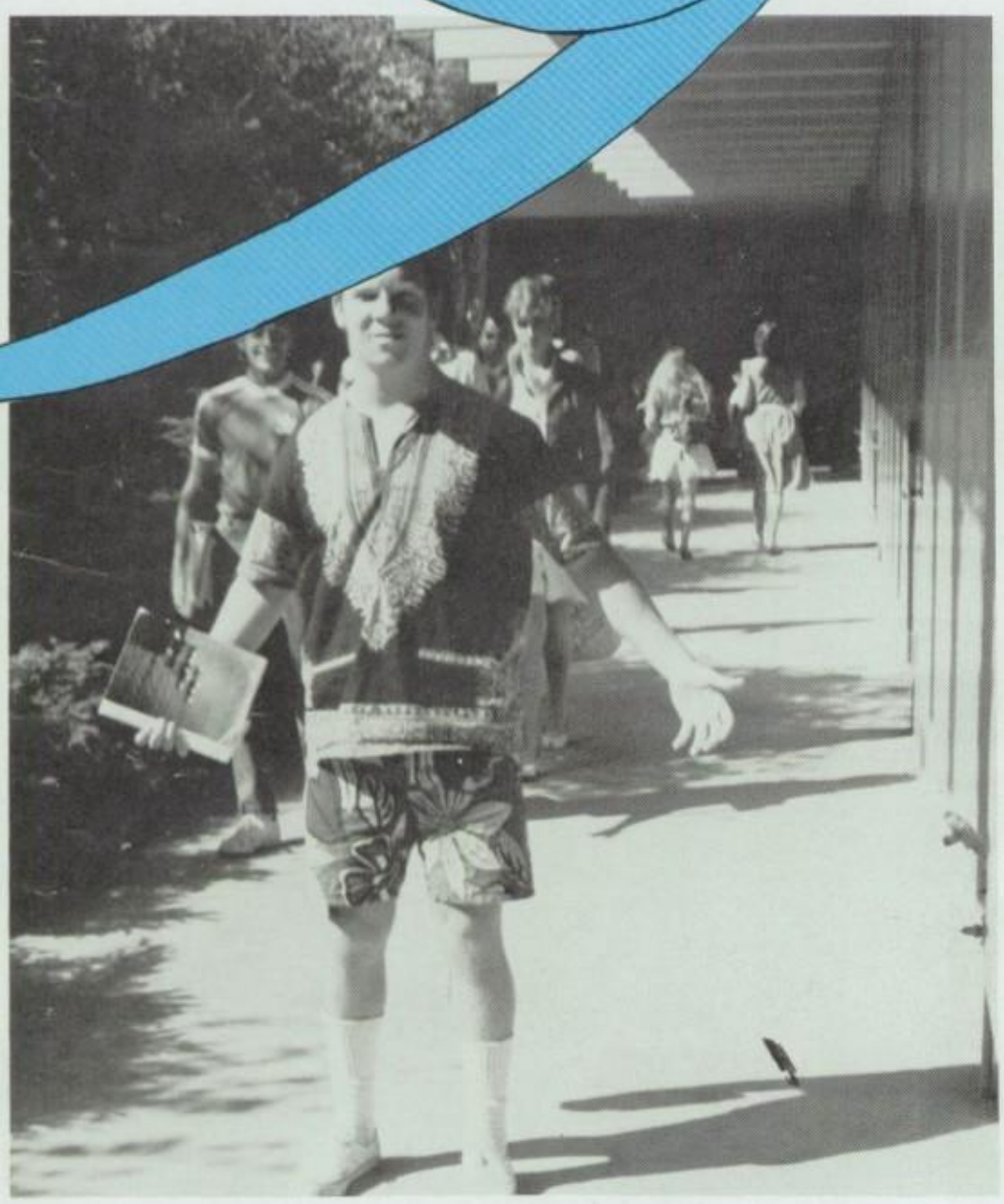
Kathy Smith, Nonnie Skeele, and Kelly Mullaney sneak a quick hug of affection before running off to their next class.

Using their sexy and seducing eyes, Kathleen Self and Ann Runolfsson keep their friends under a magic spell at a wild and enjoyable dance.



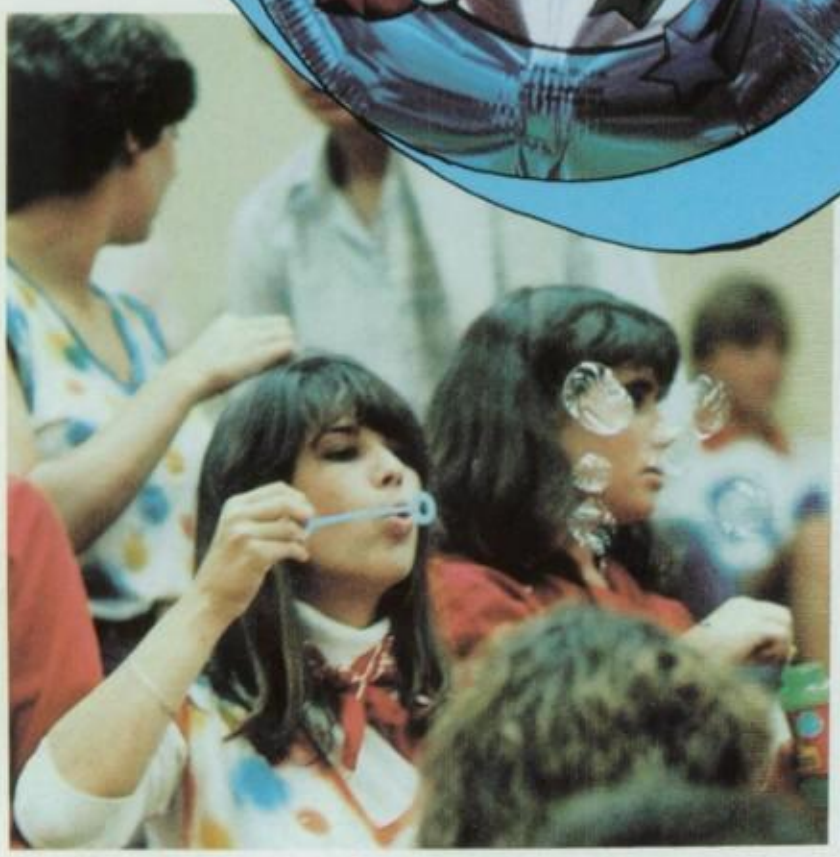
Greg Olson stands proud with his pom-pon, which he recently bough from a Drill Team member. Lunch time always brings out the best of u

At Volcano Burger, a hangout for students during lunch, April Bole and Alison Teaford have a few laughs while waiting for their order.

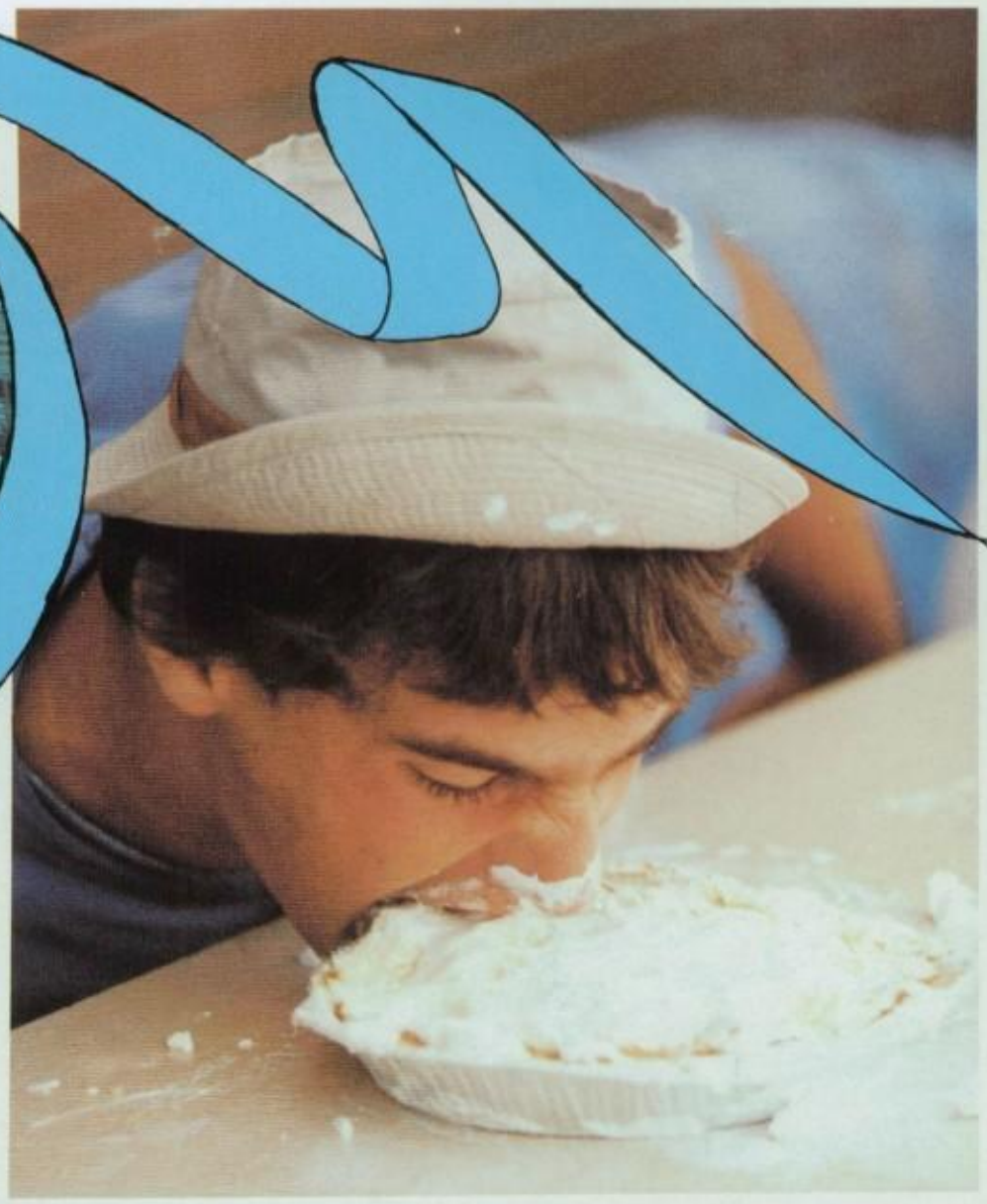


Rob Fraiser stops dead in his tracks while trying to figure out what class he is going to. More confusion will occur upon his move to Ecuador.

Dressed up as "a member of the opposite sex", John Orr announces the winner of the pie eating contest.

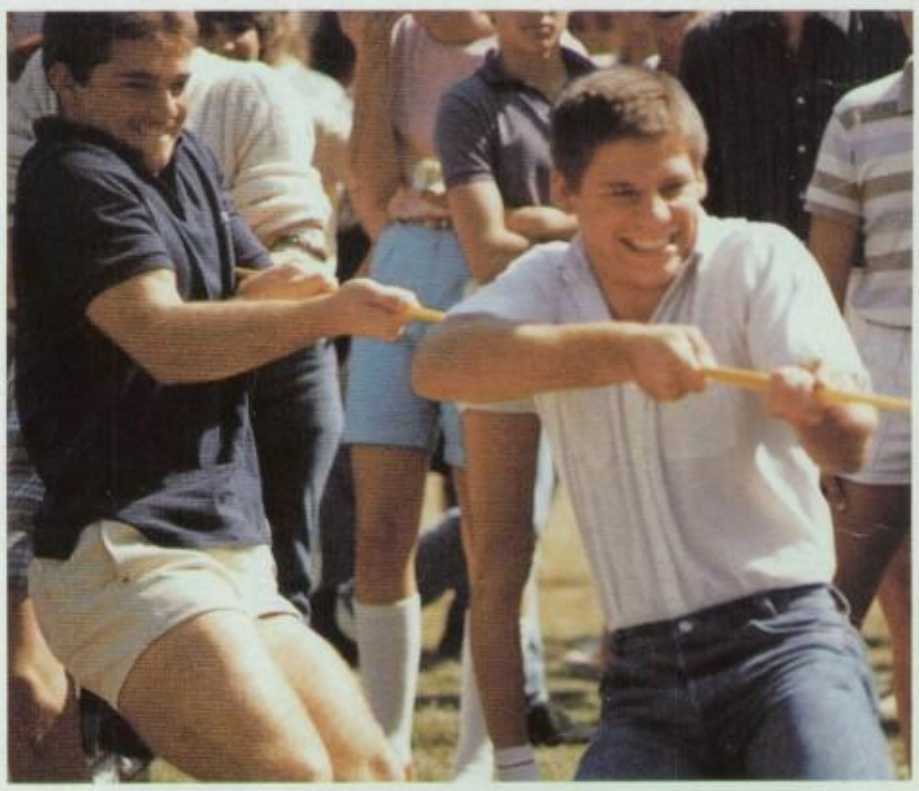


The LA Teasers appear at many pep events to add spirit and fun. **Jill Covington** and **Julie Ruben** keep some bubbles airborne at the homecoming pep assembly.



Senior LA Woodie, **Pat Stoll**, demonstrates how you inhale a pie during the pie eating contest. This event was one of the many interesting activities during spirit week.

Many Los Al students keep active in student government. **Joy Whitney** campaigns during lunch. She is running for the office of Freshmen Vice President.



Seniors, **Pete Ernandez** and **Ted Caraisco**, participate in the spirit week's tug of war competition. Both display a look of determination of their faces, as they pull with all their might.

Activities

After patiently waiting in line after school, **Valerie Chavez** and **Kelly Gaines** laugh as they examine their new pet fish to take home.

During their cooking class, **Dee Dee Ortiz, Kari McFall, Lori Chapek, Meg Murray,** and **Tina Haycox** smile proudly as they show off their beautiful pizza just taken from the oven.

Thinking of their "future" together, **Mike Rawls** and **Brenda Black** grin with enthusiasm while the mock wedding ceremony takes place.

LA HOMECOMING SPARKS NEW TRADITION

People often ask, where did Los Alamitos get the name Cottonwood? Los Alamitos in Spanish means "little Cottonwood", and due to the Spanish background, the Cottonwood leaf makes the wreath which stands for achievement. These leaves surround the school insignia of the atom and torch. The atom symbolizes the future. The torch means that Los Alamitos is leading the way in education. The Mascots, Gunther and Gertrude Griffin are at all activities to support our teams and give spirit to the crowds. The Griffin is a mythical beast with the head of an eagle and the body of a lion. It has been used internationally in a coat of arms because it is a beast which has no vices and is invincible. Spirit and pride were evident at all school events. Games like the Homecoming Basketball game were well attended, for this year was the first basketball homecoming to begin a tradition for years to come.

Built this year, the "Barbeque" has a side for each grade. Here announcements are placed to give notice of upcoming events and activities.

Displaying her final layout, Gina Meyer completes another of the senior pages. To meet deadlines, the Cottonwood staff must work hard to finish the yearbook by June.

ALMA MATER

All hail Los Alamitos
Our praise we sing to thee
For faith, devotion, loyalty
Our hearts true quest will be
The Griffin fame shall be our guide
For all our days to see
And we will pledge our loyalty
To Los Al, Hail to Thee!

Los Alamitos, "little Cottonwoods" in Spanish, has a mythical beast as mascot. Half lion and part eagle, the Griffin has no vices and is invincible.

Watching the Varsity Basketball game, court members **Roz Roehm, Corrine Grubb, Kristy Tyler,** and **Cynthia Glidewell** sit with escorts in anticipation of the coming announcement.

Beginning the game with a successful jump, **Keith Kaub** leads Los Al into an exciting game against Pacifica. The crowd roars as the final points are made.

Members of the 1983 Homecoming Court **Kristy Tyler, Beth Schultz, Roz Roehm, Anita Navarro,** and **Lori Ohlrich** stand with escorts before each walks around the basketball court.

Defense from Pacifica could not match the skill and excellence of **Keith Kaub**. Backing up Keith's shot, **Greg Olsen** waits to rebound.

The 1983 **Basketball Homecoming Queen Kim Wiley** stands with her father as her name is announced.

SPIRIT WEEK DRAWS CLASSES TOGETHER

Spirit Week, a time for activities and fun, gives each class, club or group the opportunity to show their spirit. The week of October tenth through the fifteenth was full of various costume themes and lunch time activities. Monday started the week off with "Opposite Sex Day." Costumes ranged from men's ties to mini-skirts. Numerous "Mr. Scotts," with white lab jackets and plaid pants, walked the campus on Tuesday as students dressed up as their favorite teacher. All that was missing was the surf and sand to make Wednesday's "Beach Scene" complete. Best friends dressed alike for Thursday's "Twins Day" and Friday concluded the week with "Spirit Day." Many participated in the week's lunch time activities which included tug-o-war, volleyball, a pie eating contest and a V.W. push. Mr. Irresistable, **Joe Kimball**, was crowned Friday, at the pep assembly. Spirit Week's events arroused student's enthusiasm for Saturday night's homecoming game.

Walking around the campus with his bald head and sunglasses, **Louie Arambula** dressed up as his favorite teacher, Mr. Hauenstein.

One might think they're seeing double as friends dressed alike on Twin's Day. **Andrea Barrows, Maren Kussler, Michelle Stoll, Donna Harding, Carol Patterson, Kim Sorensen, Stacy Pollard** and **Kathy Ernst** enjoy lunch activities.

Twin's Day gave best friends a chance to dress alike and enjoy spirited activities. Friends **Kim McVicker** and **Debbie Kurtella** gather around the M.P.C. to await the pie-eating contest which is about to begin.

Ready for a day of surf and sand at the beach, **Lisa Hardesty** and **Lori Ohlrich** watch the competitive volleyball game.

For a moment you might think you are at Disneyland, but **Christine Weaver** and **Orsa Spyrs** are actually dressed as Brownies for Twin's Day.

Two of the "three little pigs," **Beth Schultz** and **Tiffany Lienau** stuff their faces in order to win the pie-eating contest for the junior class.

Drill team member **Lisa Shanaberger** socializes with friends at lunchtime in her beach attire. Trying to promote spirit for the homecoming game, she sells colorful school pon-poms.

Even though they are three years apart, **Nimfa** and **Naomi Nafarrete** make very convincing look-a-likes when they dress up for twin's day.

Freshmen gather around to watch the V.W. push as members of their class, **Tim Pettigrew**, **Kevin Jeanotte**, and **Eddie Roche**, exert their strength to manuever the car around the track.

HOMECOMING REUNITES GRIFFIN ALUMNI

Homecoming '82 was a time for Griffins, old and new alike, to come together, cheer for our football team, and just reminisce. October 16 proved to be a night of excitement as we crowned our new queen and watched the Griffins play a hard fought game against the Katella Knights.

Fireworks began the illuminating halftime ceremonies after the Olympian Marching Band performed their award winning routine. The four finalists of the Homecoming Court, **Nancy Stratton, Roz Roehm, Sherry Dufek,** and **Suzie Wuesthoff,** arrived on the field in Model T Fords with their escorts. Everyone waited with anticipation as the Homecoming Queen was announced: **Miss Suzie Wuesthoff.** Cheers arose from the audience as the queen was bestowed the crown and took her ceremonial ride around the field.

The 1982 Homecoming, an occasion filled with spirit, enthusiasm, and friends reuniting after years gone by, was concluded with an enjoyable dance in the gym following the game.

The first finalist of the Homecoming Court is **Nancy Stratton.** Nancy is a member of the Los Al Rifle Team and is escorted by Junior, **Alisa Parks.**

Roz Roehm, the second finalist and head songleader, is presented at the extravagant halftime ceremonies by her uncle, Mr. Nelson, and junior escort **Wendy Williamson.**

Sherry Dufek is the third finalist of the Homecoming Court. She is riding in a Model T Ford with her father, Mr. Dufek, and junior escort **Julie Rubin.**

Suzie Wuesthoff is awarded the title of Homecoming Queen 1982. She is escorted on the ceremonial walk by her father, Mr. Wuesthoff, and junior escort **Kim Wiley.**

The 1982 Mr. Irresistible and Homecoming Queen, **Chris Alvarez** and **Jackie Legere**, return to Los Al to crown the new recipients of their titles.

Number 24, **Joe Kimball**, pushes his way through the Katella defense to gain yardage for the Griffins. Joe was elected Mr. Irresistible by the student body.

Captain of the football team, senior **Jerry Wilkins**, concentrates intensely on the game. Jerry has been a member of the varsity team for two years.

Alumn **Katie Foster** and senior **Leslie Howard** smile as they are reunited cheering for the Griffins at the homecoming game against Katella.

Senior **Robin Johnson** and junior **Connie Nixon** lead the Griffin sidelines in a cheer for Los Al. The spirit of our pep squads is outstanding.

CONGRESS ESTABLISHES LASTING BONDS

The Associated Student Body Cabinet serves to plan activities to make the school year good for all classes. The cabinet consists of twenty-two members which include class officers, executive officers and various commissioners which meet everyday during fourth period. In these meetings the members discuss coming events, try to think of new ideas and review past events to see how they can be improved.

A few of the events that cabinet planned this past year were the United Way Week, Blood Drive, Canned Food Drive to aid the Albert Sitton Home, and a World's Record Attempt Car Wash. Cabinet is proud to say that all of these events were successful. Los Al had more blood donors than ever before and we came in third place out of all Orange County Schools in the Canned Food Drive. The World's Record Attempt Car Wash was a success. Though we didn't wash quite 2,000 cars we still made enough money to donate twenty-five percent of the profits to Casa de Bien Venidos. Mr. Anthony, advisor, tried to keep the cabinet in line and helped to

Sean Wiggins, Bill Patterson, John Orr and Chuck Dubourdieu feel a little weak after each of them donated a pint of blood.

Brent Erickson, a volunteer donor, relaxes by crossing his feet as he gives a pint of blood. Brent was one of Los Al's 84 people that donated blood.

ASB Cabinet Members: Front Row- Shelley Sandusky, Chuck Dubourdieu, Cindy Go, Lisa Harris, Asim Desai, Mia Wenjen, Albert Koong, Joy Whitney, Second Row- Leslie Howard, Advisor, Mr. Anthony, Craig Murray, Andy Morrissey, Bill Patterson, John Orr, Sean Wiggins, Yahya Baayoun, Elizabeth Powell, not pictured: Nancy Stratton, Mike Kasumovic, Louie Arambula, Sean Conboy, Teddy Rozolis

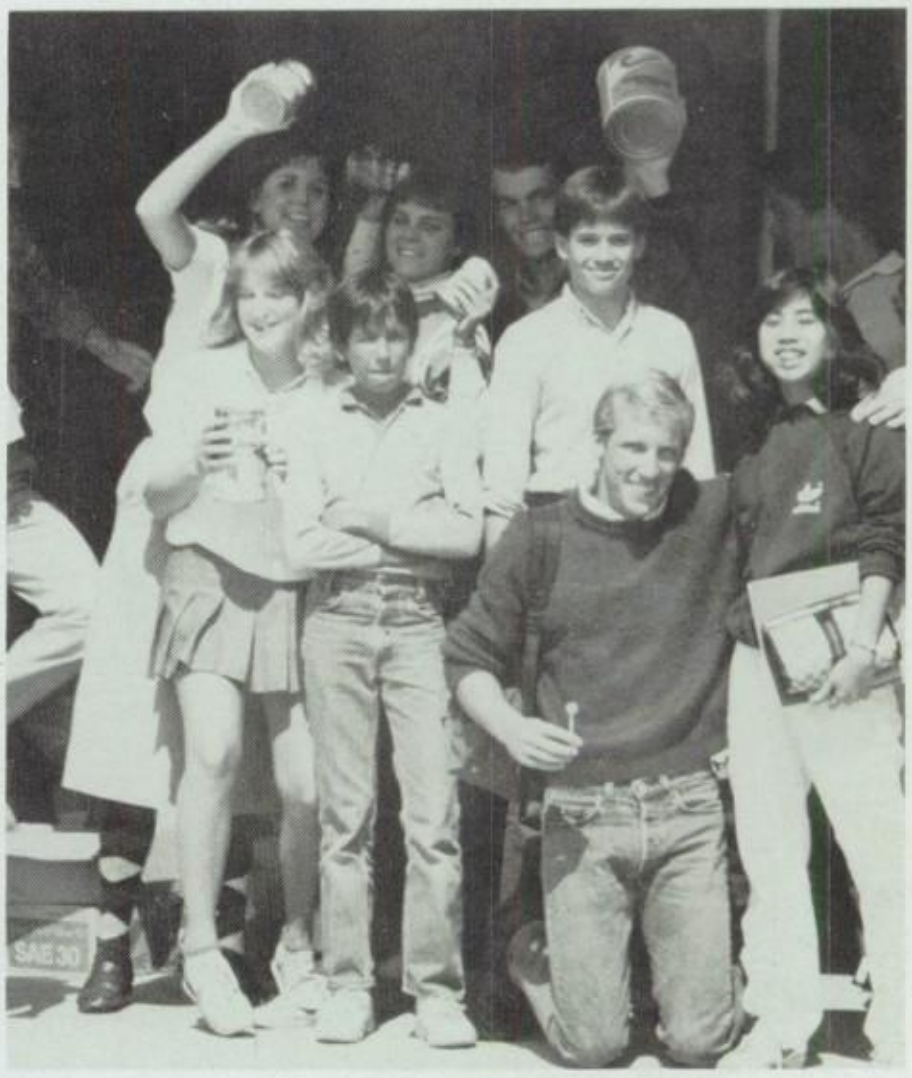
During a Wednesday afternoon Congress meeting, **Shelley Sandusky and John Orr** show off the ASB yearbook to the members of Congress.

promote ideas for interesting activities.

Cabinet was also in charge of Student Congress. Led by Vice President **Bill Patterson**, it met every two weeks. Congress was a way of allowing all students to participate in student government and to learn about what coming events were scheduled. First period representatives were chosen to report the information that was received.

United Way Week was a week full of many exciting activities. Here **Bill Patterson** waits for a prospective buyer to bid on **Nancy Stratton** at the Slave Sale.

After donating blood, the Red Cross provides orange juice and cookies. **Ken Barton** takes it easy for a few moments while he drinks his juice.



Some of the enthusiastic canned food drive participants include, Lisa Harris, Asim Desai, Christian Madsen, Sean Wiggins, Mia Wenjen, Elizabeth Powell, Shelley Sandusky and Kevin McKenna.

STUDENT CONGRESS

MEMBERS OF CONGRESS: Alphabetical Order- Louie Arambula, Eric Abrams, Michelle Archer, Chiki Aurang, Miki Aurang, Tom Barragan, Veronica Barragan, Yahya Baayoun, Kathleen Beatty, Stacey Blichensderfer, Melissa Bolling, Derek Bowen, Brett Bowen, Steve Brody, Ruth Busenkell, Sardi Carrano, Jennifer Castlen, Barbara Caruso, Jennifer Caughlin, Mike Chen, Jane Chen, David Cho, Lisa Cohen, Cathy Crockett, Tom DeHardt, Asim Desai, David Diaz, Rhonda Duffant, Chuck Dubourdieu, Derric Dubourdieu, Tony East, Carol Elser, Scott Fernbach, Joy Fernbach, Eric Garthwaite, Julie Gilchrist, Jenni Gilroy, Cindy Go, Brad Gold, Steve Grant, Kim Green, Adam Gregory, Davina Haimov, Lisa Harris, Mike Hernandez, Elizabeth Hewitt, David Houck, Leslie Howard, Steve Howard, Erica Hirang, Daryl Iwakoshi, Nancy Jenner, Kristin Johnson, Arol Jorgenson, Lynn Koleff, Mike Kasumovic, Kevin Kelder, Laurel Kergen, Lynn Kichline, Helen Kim, Albert Koong, Judy Koong, Debbie Kurtela, Jim Larntz, Diane Lawrence, Erin Linskey, Rosemary Liu, John Lopez, Ray Maeda, Andy Magnet, Christy Martinez, Lisa Maulhardt, Jennifer McErtte, Pat McIlrath, David Messinger, Regina Meyer, Denise Millar, Kim Mirasoltani, Andy Morrissey, Debbie Morton, Kelly Mullaney, Michelle Muramoto, Craig Murray, Nimfa Naffarete, Stuart Nakayama, Cathy Newlin, Connie Nixon, Dan Orme, John Orr, Alisa Parks, Eunice Park, Bill Patterson, Ann Pincek, Cindy Poe, Kevin Polacek, Elizabeth Powell, Cindy Powers, Beth Rattner, Debra Rattner, Wendy Regnier, Lisa Rizer, Matta Romero, Shelley Sandusky, Karen Schiendler, Bradley Seligman, William Shckelford, Lisa Shanaberger, Cindy Siler, Julietta Sipparelli, Kari Smith, Kelly Smith, Kim Smith, Michelle Snow, Orsa Spyes, Doug Steele, Lisa Steele, Nancy Stratton, Robbie Stumpel, Shawn Suzich, Phil Swagel, Yutika Szabo, Chris Tafel, Laura Upham, Steve Varalyai, Brian Vester, Christina Weaver, Lisa Wellington, Mia Wenjen, Noreen Wenjen, Suzanne Welter, Heidi Werner, Joy Whitney, Aaron Wiches, Sean Wiggins, Stacey Wilford, Thet Winn, Guy Woodson, Laura Woody, Verna Wright, Phil Wyels

DANCING AND ROMANCE LIGHT UP FORMAL

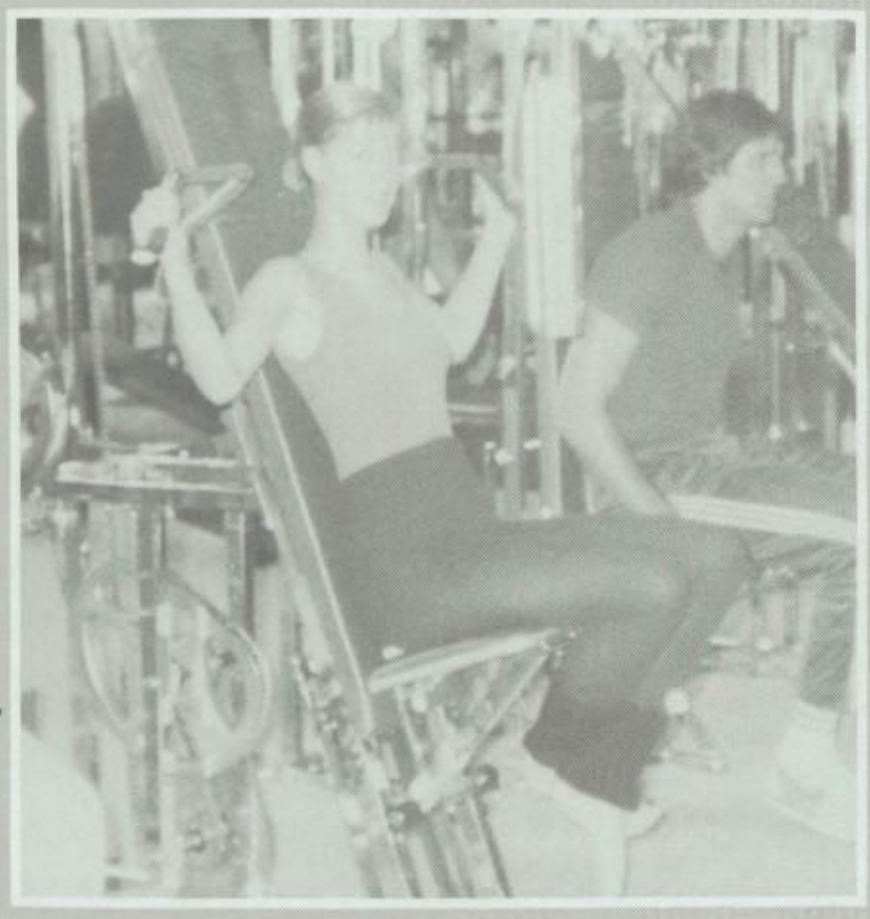
January 22 proved to be a night of romance and memories as Los Al Griffins of all grades traveled through cold and rain to the Disneyland Hotel for the annual winter formal. The evening began for most with a scrumptious dinner at an elegant restaurant nearby. The spectacular ballroom of the hotel was beautifully decorated for this joyous event. Couples danced for hours to the entertainig band, **Bogart**, and nibbled on delicious refreshments provided. One highlight of the evening was the crowning of the winter formal court. The audience waited with anticipation as the 1983 Snowball Queen was announced . . . **Miss Wendy Salisbury**. The Queen's Court included juniors **Tiffany Lienau, Amy Morley, Cindy Siler**, and **Kim Wiley**. While taking a rest from dancing and socializing, couples also had pictures taken by a professional photographer. "Candlelight Winter Night" was a memorable as well as enjoyable evening for all who attended.

Stephanie Hawthorne and her escort are bopping to the sounds of the formal band, Bogart.

The 1983 Snowball Queen and Court: Kim Wiley escorted by **Van Woodson**, **Cindy Siler** escorted by **Louie Armabula**, Queen **Wendy Salisbury** escorted by **Jim Reis**, **Amy Morley** escorted by **Pat Stoll**, **Tiffany Lienau** escorted by **Scott Shoults**.

Queen **Wendy Salisbury** and her escort, **Jim Reis**, reign over the annual winter formal. All who attended enjoyed "Candlelight Winter Night".

Pausing after an evening of dancing, **Derec Uribe**, **Jill Covington**, **Deborah Branch**, and **Adam Fineman** take time to visit friends. Adam is wearing a famous trademark of Disneyland, Mickey Mouse ears.



SWEDISH STUDENT ARRIVES

My name is **Ulrika Warnbring** *and I am an exchange student from Jonkoping, Sweden. I have really enjoyed spending my school year here at Los Al as a senior. The teachers and counselors have been really nice, especially my student teacher, Mrs. Cathcart, in American Literature my first semester. I have met a lot of friends at Los Al and in my neighborhood. I want to give my special thanks and love to Debi Bergman, who is my best friend here in the United States.*

Because of the good and rich food here in California, I started to gain weight. To avoid gaining more weight, I bought a year's membership at Family Fitness Center. The picture is of me trying to accomplish that problem. I am glad I had the opportunity to spend a year in California and I know I will always remember it. As we say in Sweden, "Puss och Kram till alla," which means, "kisses and hugs to everyone."

FOREIGN STUDENTS LOVE U.S.

The Foreign Exchange program enables students from all over the world to travel to a different country and experience a culture other than their own for six months to a year. This past summer a group of Los Al Griffins had the once in a lifetime chance to visit Germany for two months. Los Alamitos High School was fornunate this year in having three Foreign Exchange students visit our country. From Sweden we have **Ulrika Warnbring**. Visiting from Norway is **Ann-Kristin Gelsten**. Ann-Kristin really loves America and is sad upon having to go home at the end of the year. Our third guest is **Christina Sieverts**. Christina tells us in her own words how the United States compares to her home country.

I came in August to Santa Maria and stayed there for three months before I came to Los Alamitos. The people are very friendly here and I enjoy my stay.

The general way of life is similiar to that in Germany but the schools are different and the freedom the people my age have. One big reason is probably because the public transportation is, where I live, very good and we can go many places without our parents having to drive us. A lot of young people go without their parents on vacation and so they learn early to be on their own and be away from home. Also the dating is different. Usually we go dutch or in groups.

It's nice to go home now but I know that I'm going to miss all my friends and my family.

Top picture: **Ulrika Warnbring**
Middle picture: **Christina Sieverts**
Bottom picture: **Ann-Kristin Gelsten**

COUPLES SWING AT SWEETHEART DANCES

The Sweetheart Dance took place on March 5, 1983. Ramondo, a KROQ disc jockey, aroused the crowd with popular hits. The Freshman Court consisted of **Hillary Routt, Michelle Stoll, Susan Linskey, Christine Dennis, Joy Whitney, Suzanne Bragg, Michelle Sayers** (Queen), **Daryl Baker, J.T. Snow, Scott Welsh, Derric Dubourdieu, Gary Covington** and **Jason Shook** (King). The Sophomore court included **Suzanne Welter, Ruth Busenkell, Stacy Pollard, Vicki Myers, Tammy Wuesthoff** (Queen), **Garret Olsen, Kurt Rippelmeyer, Sean Conboy, Trey Sandusky** and **Ricky Nen** (King).

The Sadie Hawkin's Dance, March 11, gave the girls at Los Al a chance to ask the guys for a date. At the dance, couples got pictures taken and many couples were married by choir members during the evening to raise money for choir expenses. Sadie Hawkin's Day originated in Dogpatch, U.S.A. and was the one day in which the girls chased the boys with marriage on their minds.

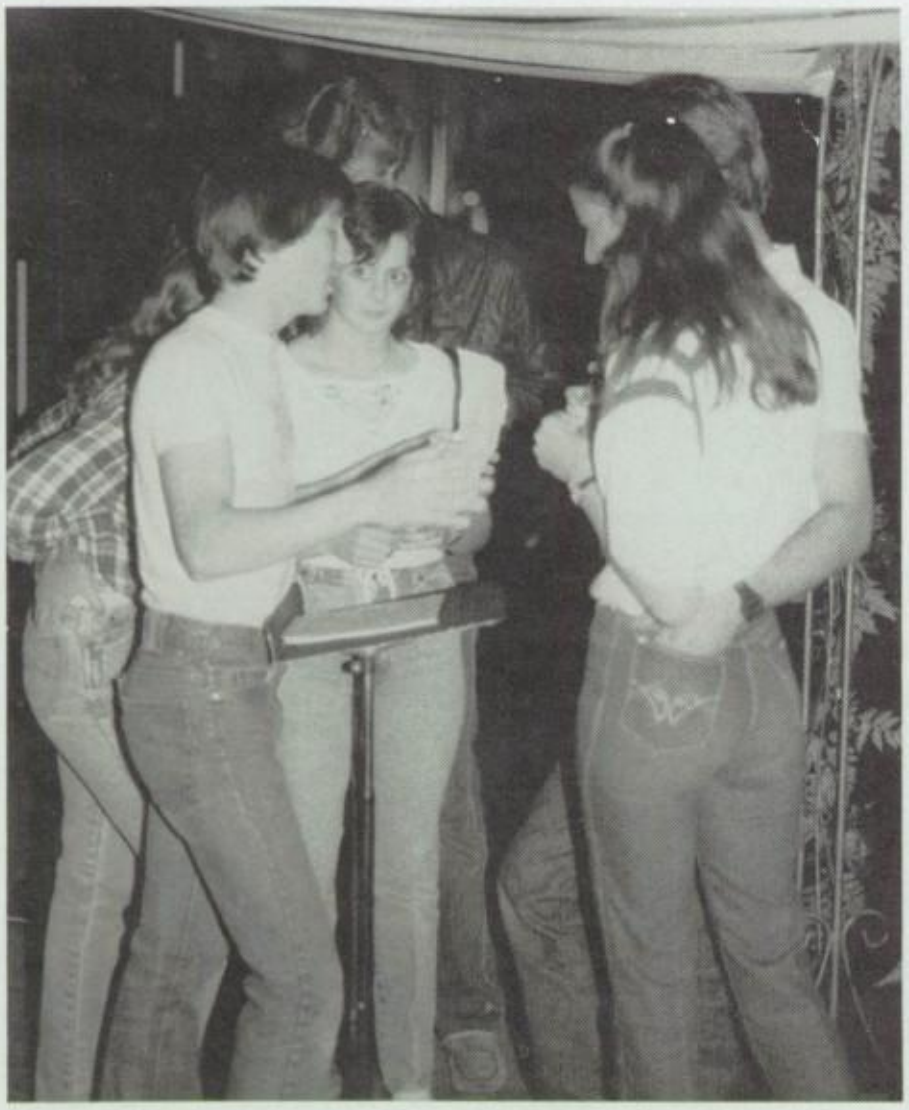
While at the Sweetheart dance, **Tammy Wuesthoff** and **Ricky Nen** were selected as the sophomore queen and king by fellow classmates.

Freshman king, **Jason Shook** and freshman queen, **Michelle Sayers** received cheers and applause from excited friends after being awarded their titles.

Sophomore princesses, **Vicki Myers** and Stacy Pollard are congratulated by friends. The other sophomore princesses were **Ruth Busenkell** and **Suzanne Welter.**

After dancing and enjoying the music and western decorations at the Sadie Hawkin's Dance, **John Newman** and **Maurne Rathke** take a moment to pose for the picture.

Andy Hermann, Nimfa Nafarrete and **Janene Eubanks,** along with many other students, have a good time dancing to the band's music and take part in the other activities.



Trev Militello presents Barbara Dodge and her date with a marriage certificate, flowers and rings. Anyone who chose to could be married for a dollar.

FRIENDS AREN'T PRETTY COLORS

A friend's not a color,
A friend's not a car,
A friend's not money,
Or a football star.
A friend is someone
Who's always around
Who'll always help you when
You're up, or you're down.

A friend isn't someone
Who says, "Hello."
And when you have to talk to him,
He's got to go.

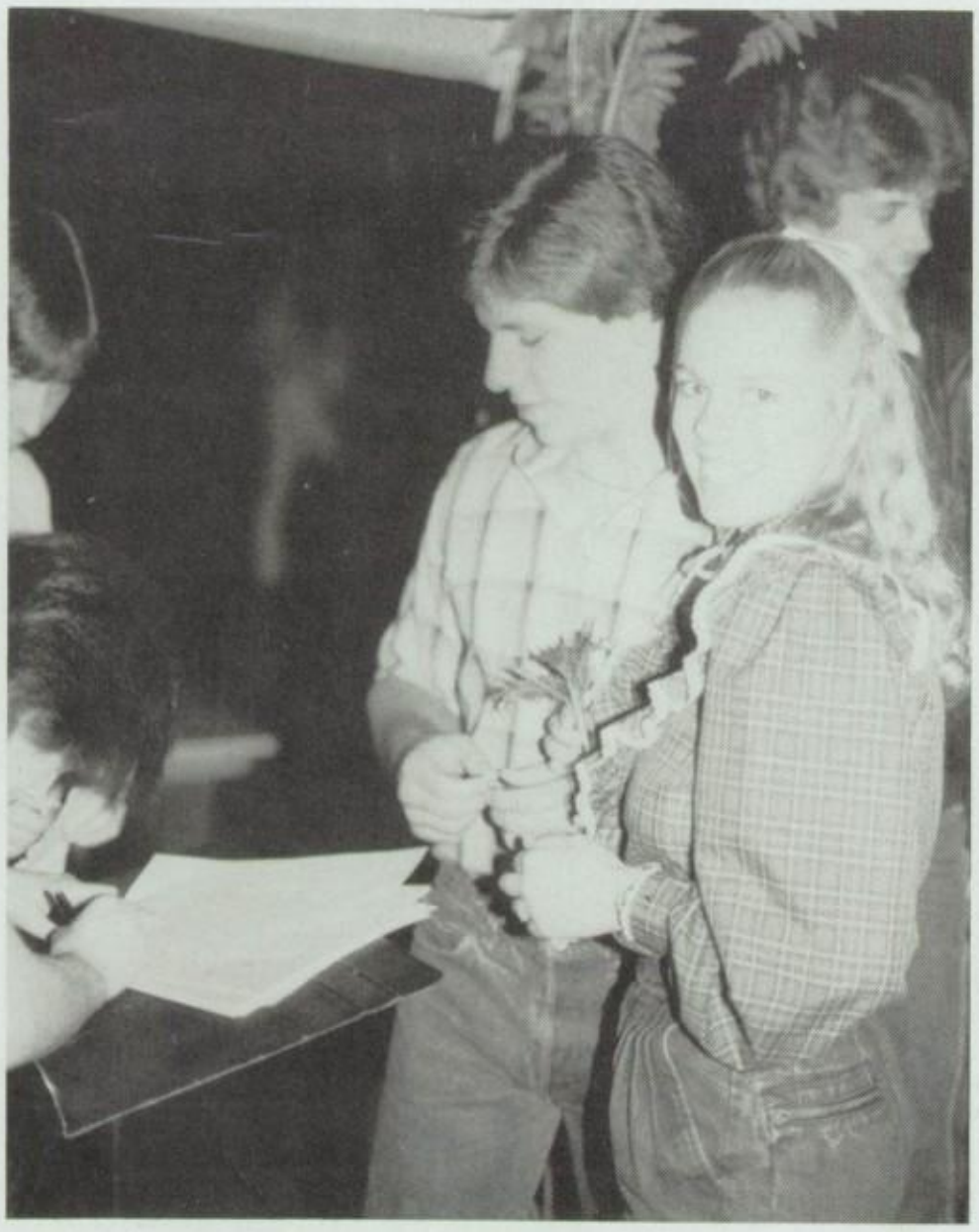
If you want a friend,
Don't go for popularity
Because, you probably won't find
Kindness and sincerity.

If you're looking for someone
Who's always going to care,
You better not judge them
By the color of their hair.

A friend is someone
You know will care,
And when you have a problem,
He'll always be there.

Friends are happy,
Friends will fight,
But it will be settled
Before the night.

-Rich McFall



After getting their pictures taken, Kari Smith and Ted Carisco wait in line to be married at the Sadie Hawkin's marriage booth. Trev Militello was the reverend,

Dressed in their Western duds, Keith Kaub and Lisa Steele pose for their picture to be taken at the Sadie Hawkin's Dance.

THE MATCHMAKER

CAST

Vandergelder .....Tom Dehart
Ambrose Kemper .....David Diaz
Joe Scallon .....Kevin Giles
Gertrude .....Laura Hill
Cornelius Hackl ....Bill Patterson
Emengarde .....Amy Mc Dougall
Malachi Stack ..Malcolm Womack
Dolly Levi .....Michelle Archer
Barnaby Tucker ...Guy Woodson
Mrs. Irene Malloy .....Anne Runolffson
Minnie Fay .....Kim Martin
Cabman .....David Gompert
Rudolph .....Mike Caruso
August .....Darrin Sarto
Flora Van Huysen .....Shelly Sandusky
Cook .....Joy Fernbach

CREW

Director .....Judy Trujillo
Assistant to the Director Ruth Busenkell
Stage Manager ....Andy Magnet, Shawn Shaffer, David Diaz, Paul D'Amour, Mark Smura
Sound Crew Chief ..Andy Magnet
Light Crew Chief ....Mark Smura
Light Crew ....Derek Hobbs, Jeff Wilson, Sandra Young, Pat Mcilrath,
Costume Crew ...Carolyn Gough, Melinda Zommick, Adelle Bish, Debra Rattner, Karen Holstein
Make-up Crew ..Donna Gauvain, Carol Elser, Pat Foster, Laura Upham
Stage Crew Chief ....Jeff Wilson
Stage Crew .Jason Zommick, Scott Fernback, Elisa Langsam, Teri Estes
Prop Manager ....Judy Holzgang
Prop Crew ...Kris Johnson, Angie Rime, Eric Peterson, Pam Spyres, Karen Chaides
Publicity .....Shelly Sandusky
Publicity Crew .....Grace Wang, Howard Fitzer, Ann Sterling

The Matchmaker, which opened on November 18, was another of Los Al's successes. The cast and crew devoted long hours in preparation. Mrs. Trujillo directed **The Matchmaker**, enabling the cast to execute the script with humor and enthusiasm. Cornelius Hackl, played by **Guy Woodson**, experienced adventure after adventure while in New York. All was fine until they met with an irrate Mr. Vandergelder (**Tom Dehart**.) Mistaking them for Ambrose Kemper (**David Daiz**) and Ermengarde (**Amy McDougal**), Mrs. Flora VanHuysen gets confused and one more mess is created. All worked out for the young lovers and the audience was thoroughly captivated.

Cornelius Hackl, played by **Bill Patterson**, is in despair as he and Barneby (**Guy Woodson**) are taken to Mrs. Van Huysen by mistake. They fear Mr. Vandergelder will fire them for coming to New York.

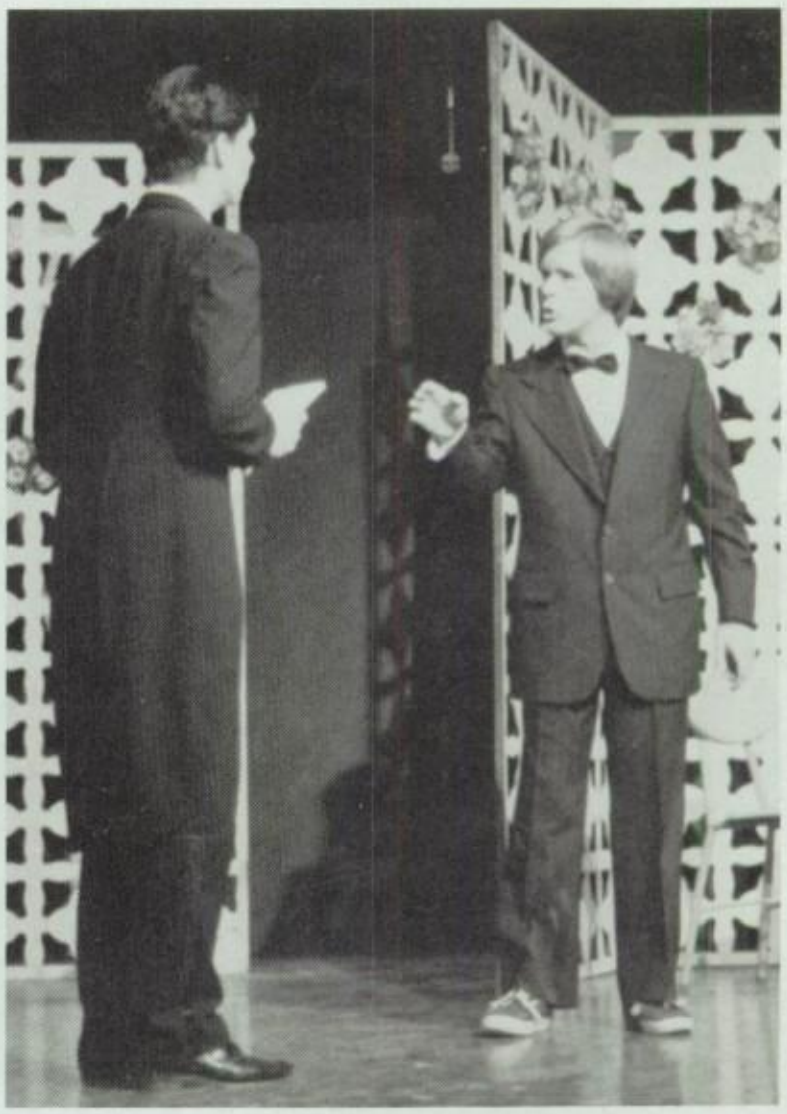
Gertrude (**Laura Hill**) keeps thinking of what she will be missing during her stay in New York.

Mr. Vandergelder (**Tom DeHart**) waits in anticipation as Dolly (**Michelle Archer**) explains complications and problems concerning marriage to him. Eventually she accepts.

Flora Van Huysen (**Shelly Sandusky**) talks about romance and whooing with Cornelius (**Bill Patterson**). The advice turns into embarrassment when she realizes Cornelius is not Ambrose Kemper.

Looking at Cornelius (**Bill Patterson**) with utter shock Irene Malloy, Minnie Fay and Barnaby don't believe what they see. Champagne is needed to celebrate this special occassion.

Sadness strikes when Flora Van Huyson (**Shelly Sandusky**) learns the problems Ermengarde (**Amy McDougall**) and Ambrose (David Diaz) face with their elopement plans. Flora (Shelly Sandusky) offers help and sympathetic smiles.

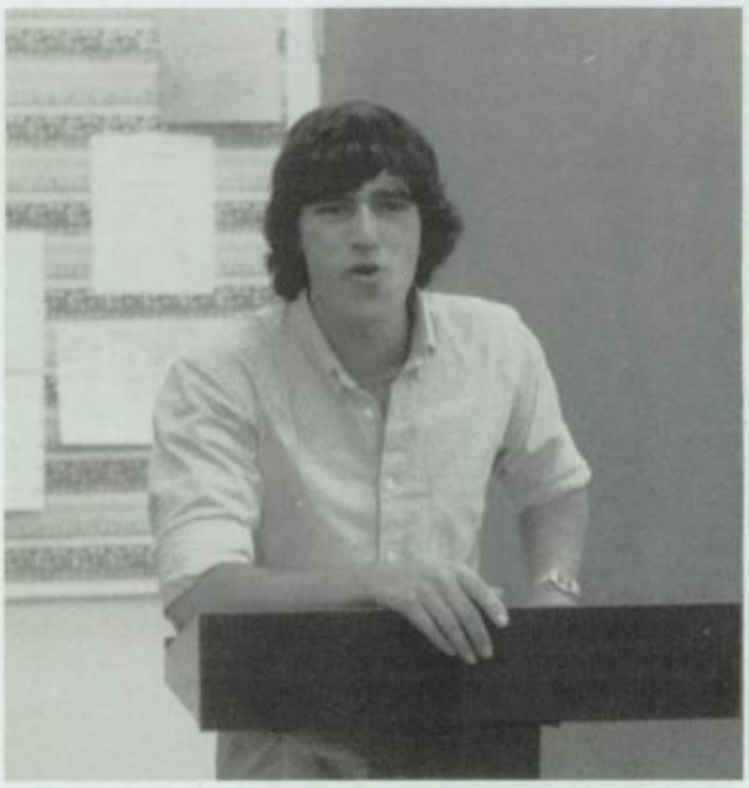


Mr. Vandergelder (Tom DeHart) explains the situation to Rudolph (**Mike Caruso**) who could only nod his head, not able to assist.

SPEECH TEAM ACQUIRES VARIOUS HONORS

1983 proved to be another successful year for the Speech Team. Many members did exceptionally well, winning both Excellent and Superior certificates and trophies for their performances. There are many different categories of speech for competition such as impromptu speaking, dramatic interpretation, programmed reading, duo interpretation, extemporaneous, and humorous interpretation. The Speech Team competed against very tough competitors in local tournaments and did exceedingly well in their performances.

Under the direction of advisors **Mrs. Busenkell** and **Mrs. Parrett**, our team won the Sweepstakes award at both the Oceavview and Loara Tournaments. Individual members participated in competitions sponsored by the Lion's Club, Optimist Club, and Alliance Club in which students were awarded scholarships for college. Speech Team members, **Trey Sandusky**, **Tom DeHardt**, **Laura Hill**, and **Ruth Busenkell**, deserve recognition for their outstanding achievements this season.

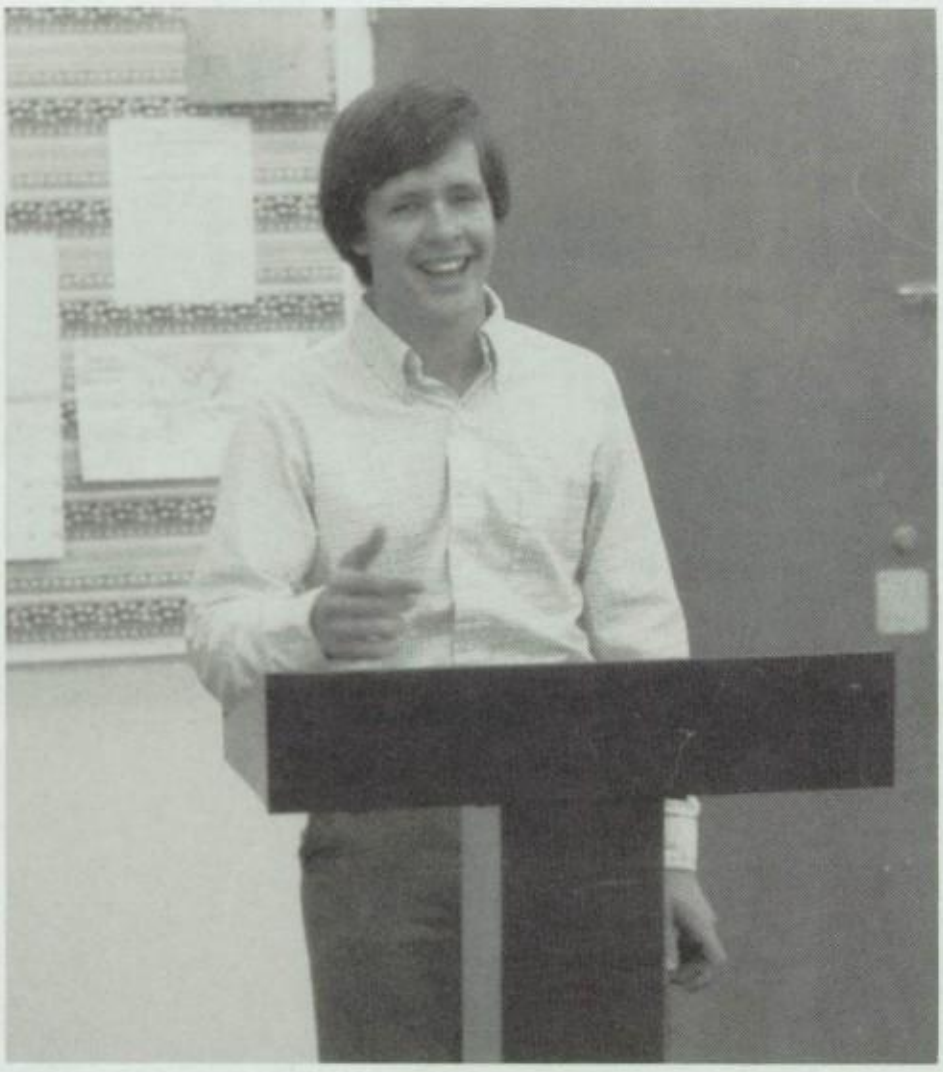


Kevin Giles rehearses his speech of dramatic interpretation entitled "Equus". Kevin uses his vast experience with drama in reciting his oration.

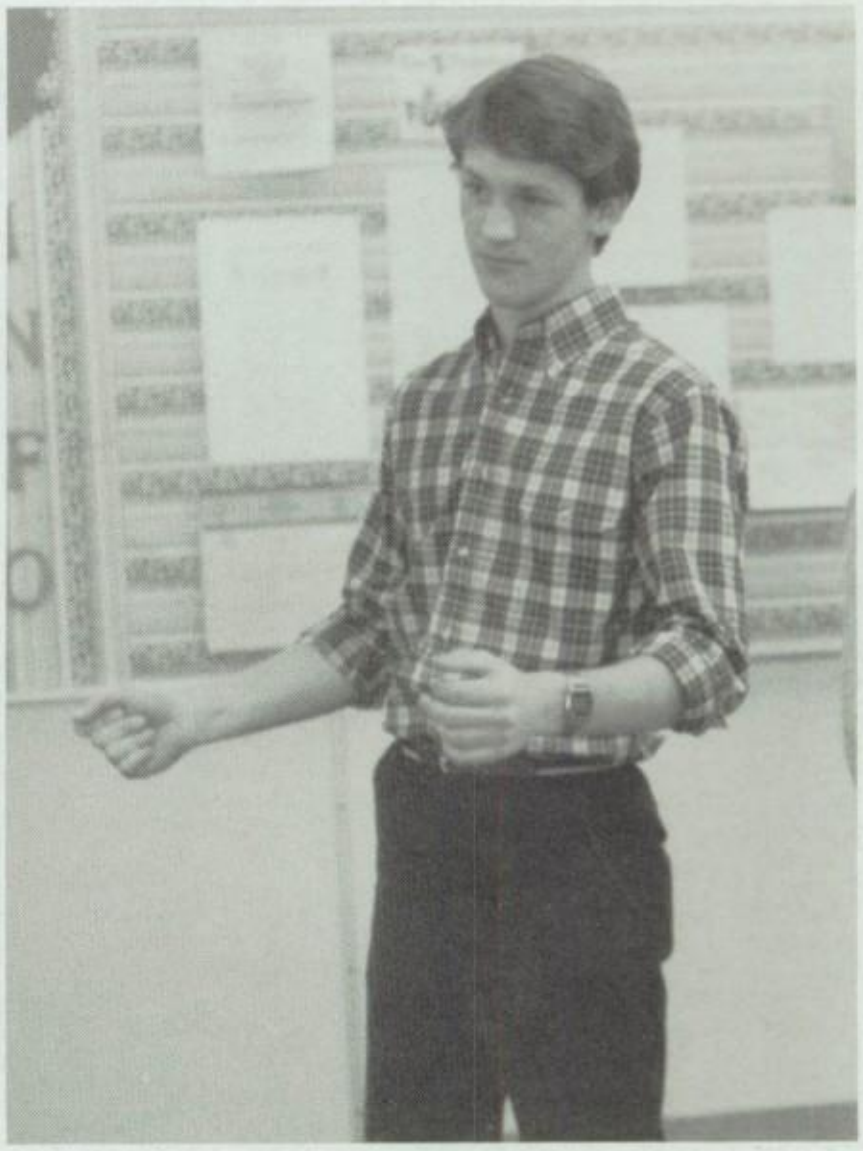
Expressing themselves in a comical way, **Laura Hill** and **Ruth Busenkell** make their audience laugh while reenacting their duo speech of humourous interpretation. Both girls won awards for their amusing speech.

Elizabeth Fischer practices her speech of humorous interpretation using her acting ability to enhance her performance.

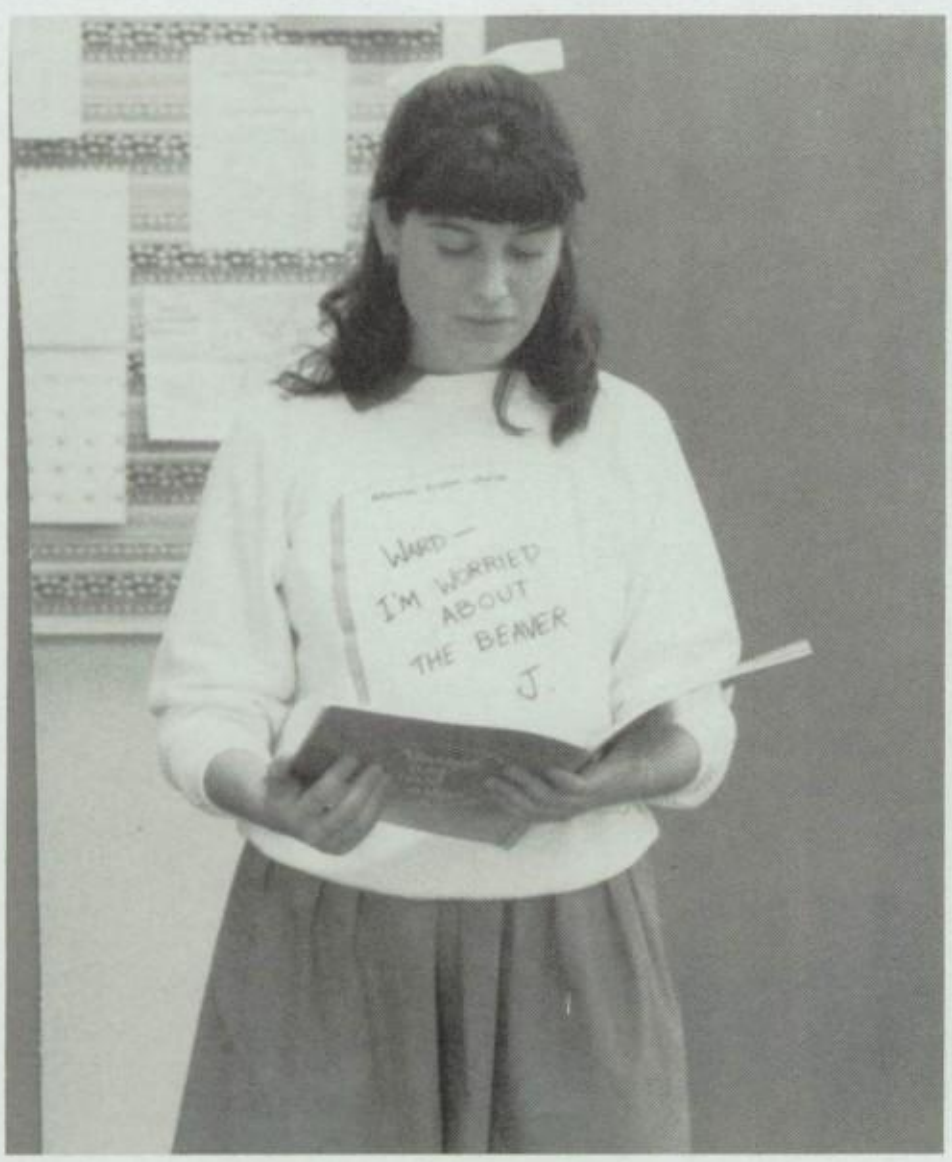
Speech Team: Front Row-Grace Wong, Teri Estes, Judy Holzgang, Amy McDougall, Helen Kim, Kathleen Self, Anne Runolfsson, Michelle Archer, Debi Namm, Guy Woodson, Derek Annunciation **Second Row**- Malcolm Womack, Melinda Zommick, Regina Yogore, Melissa Bolling, Maria Romero, Dawn Lindsay, Joy Fernbach, Jennifer Meadows, Ruth Busenkell, Deanna Benstead, Beth Rattner, Judy Koong **Third Row**- Steve Brody, Teddy Rozolis, Donna Carlson, Mike Stea, John Orr, Scott Thomason, Bill Patterson, Stuart Nakayama, Sardi Carrano, Lisa Maulhardt, Denise Millar, Mrs. Busenkell, Mrs. Parret



Tom DeHardt rehearses his speech of programmed reading entitled "Male Chauvinist Pig." Tom's hard work pays off with the many awards he has won this season.



To be an award-winning speaker requires many hours of hard work. Preparing for a speech contest, **Bill Patterson** recites a humorous interpretation speech.



Melinda Zommick practices her speech using various props. In order to express the theme, Melinda pretends to be reading from a book.

This season has proven to be very successful for sophomore **Trey Sandusky**. Trey has won many certificates and trophies for his excellent impromptu speaking.

ASSEMBLIES KEEP FRIENDSHIPS STRONG

Assemblies are a favorite part of the school year. This year was no exception. We had many successful assemblies. The pep assemblies helped add much spirit to sport competitions. Master of Ceremonies, **Bill Patterson** led these pep assemblies with much enthusiasm. When the Varsity basketball team won the Empire League Championship, we had a large assembly to boost the spirit of the fans and the players for the first game of the CIF playoffs. One of the highlights of the assembly was the shaving of Mr. Anthony's mustache. Each basketball player took turns shaving it off because Mr. Anthony lost a bet that they wouldn't make it to CIF playoffs. One of the highlights of the assembly was the shaving of Mr. Anthony's mustache. Each basketball player took turns shaving it off because Mr. Anthony lost a bet that they wouldn't make it to CIF playoffs.

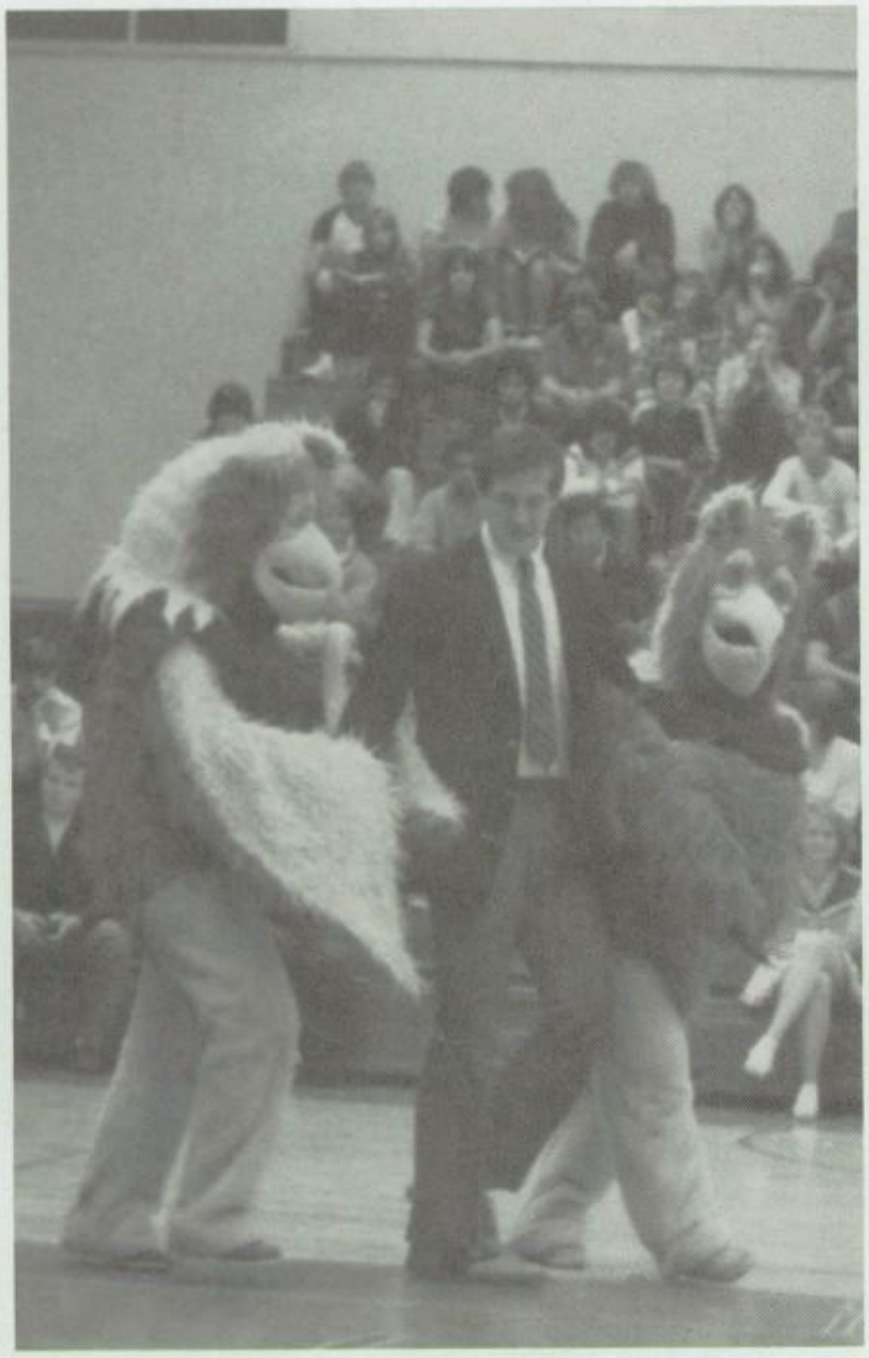
A highlight of our year was the assembly at which former astronaut, Jim Irwin, came and told the student body about his past experiences and showed slides of the moon.

Astronaut, **Jim Irwin**, answers questions the student body has about the space program. He showed slides of his exciting trip to the moon that he took in 1971. The students were very impressed with Mr. Irwin.

During the Freshman Election Assembly, Dr. Castruita explains the system of voting. Both Freshman President and Vice President were elected.

Seniors, **Deborah Branch, Cathy Wilk, Ron Millard** and **Mike** Zylstra attend one of their last pep assemblies at Los Al. This assembly boosted the spirit of the basketball team.

Shannon Montierth a member of the tall flag team performs her competition routine during the Basketball Homecoming Assembly.



Gertrude and Gunther escort **Coach Brooks** around the gym during the CIF pep assembly. He was chosen as the Coach of the Year.

Mr. Anthony does a little dance for the crowd as he shows off his freshly shaven mustache.

A member of the Color Guard team, **Kim Smith** spends many hours after school practicing her routines.

Sophomores, **Amy McDougall** and **Jill Adams** show their spirit and enthusiasm as they hold their "L's" high and say the alma mater during one of our fall pep assemblies.

As **Todd Dale** and **Brian Taylor** wave to the camera, they enjoy the last moments of the C.I.F. pep assembly before returning to class.

THE ODD COUPLE

CAST

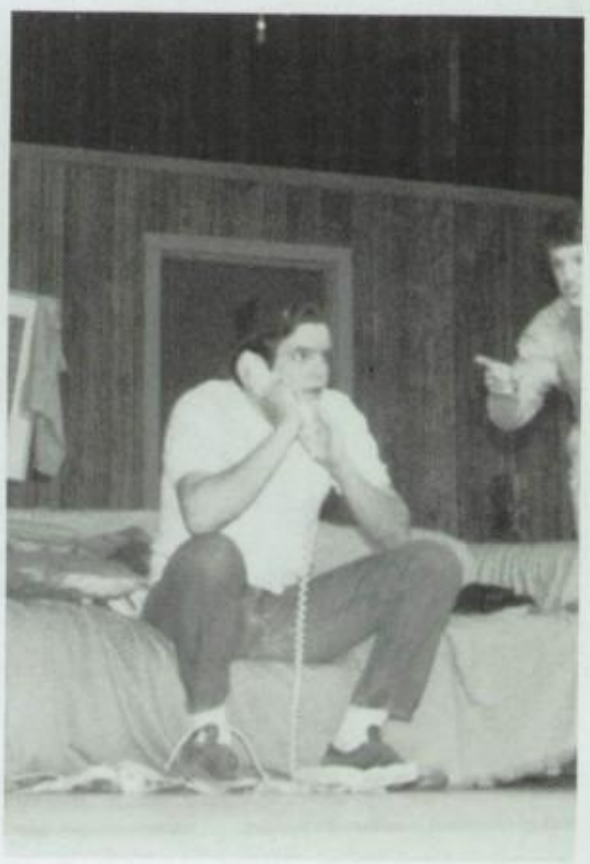
Murray .....Kevin Giles
Roy .....John Orr
Vinnie .....David Diaz
Speed .....Mike Caruso
Oscar
Madison .....Scott Thomason
Felix Ungar .....Bill Patterson
Gwendolyn
Pigeon .....Katy Habenicht
Cecily Pigeon ...Anne Runolfsson

CREW

Director .....Judy Trujillo
Assistant to the
Director .....Tina Seaverts
Set Design .....Mike Caruso
Stage Manager ....Shawn Shaffer
Stage Crew .....Bic Brown, Mike Thompson, Jeff Wilson, Doug Emken, Kim Martin
Light Crew Chief ....Mark Smura
Light Crew ....Shelley Sandusky, Bic Brown
Prop Crew
Chief .....Karen Holstein
Prop Crew .....Kristen Johnson, Ruth Busenkell
Sound Crew .....Andy Magnet, Paul D'Amour
Costumes/Make-up .....Elizabeth Fisher, Carolyn Gough, Michelle Archer
Publicity .....Shelley Sandusky
Set Building .....Mike Thompson, Jeff Willson, David Diaz, Mike Kunzweiler, Shawn Shaffer, Mark Smura
House Manager ....Tom Dehardt

The Senior Class Play, **The Odd Couple**, was presented to the student body and community on February 16, 17, 18, and 19, 1983. All proceeds of the first night's performance were donated to Varsity Cheer to help pay for their trip to the Florida competition. Most members of the cast have managed to work with the drama department for the past three years. The cast of characters, consisting of all seniors, were extremely talented and dedicated students.

After putting on an apron, Felix (**Bill Patterson**) prepares a gourmet meal for Oscar and their dates.



While on the phone, Oscar Madison (**Scott Thomason**) speaks rapidly with Felix's wife about their problems.

Felix's friends, Oscar (**Scott Thomason**), Murray (**Kevin Giles**), Roy (**John Orr**), Vinnie (**David Diaz**) and Speed (**Mike Caruso**), counsel and comfort Felix (**Bill Patterson**) after being kicked out of his house by his wife.

Cast members, Cecily Pigeon (**Anne Runolfsson**), Gwendolyn Pigeon (**Katy Habenicht**), Speed (**Mike Caruso**) and Felix Ungar (**Bill Patterson**) take their final bow.

While in his apartment, Oscar (**Scott Thomason**) chats with Gwendolyn Pigeon (**Katy Habenicht**) and Cecily Pigeon (**Anne Runolfsson**), who have been invited for dinner by Felix (**Bill Patterson**) and Oscar.

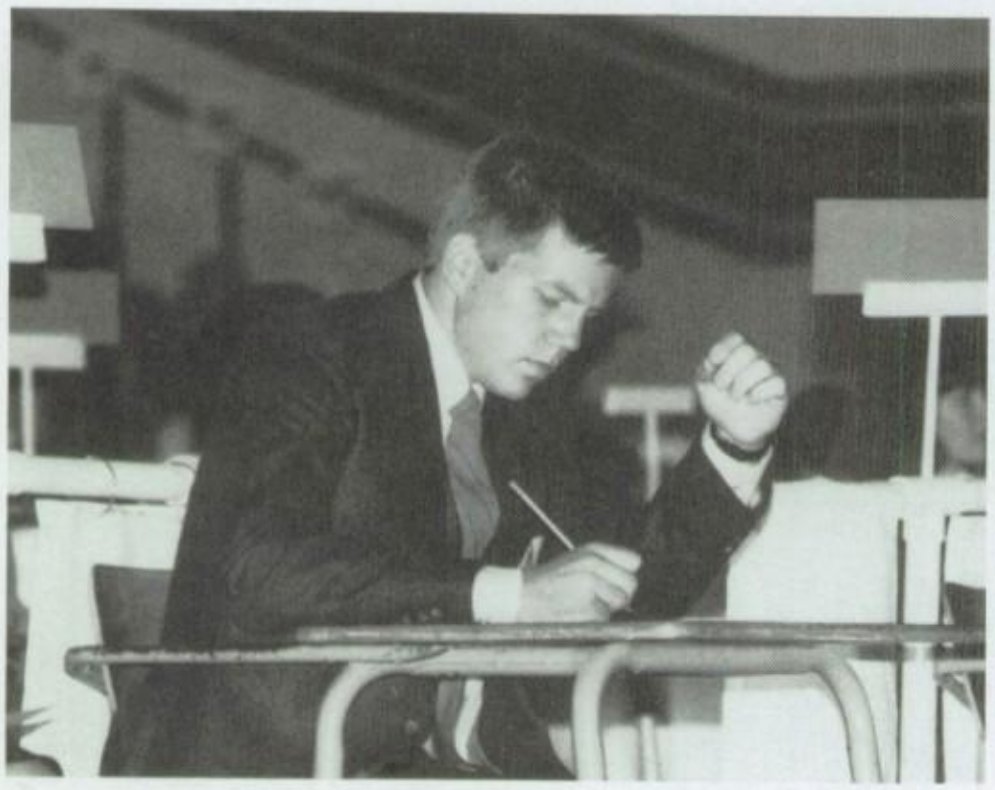
Oscar (**Scott Thomason**) scolds Felix (**Bill Patterson**) for whimpering about being kicked out of his house. Oscar assures his buddy, Felix, that being a bachelor is the best life of all.

Felix (**Bill Patterson**), being a tidy person, sprays Wizard freshener about the apartment which proves annoying to Oscar (**Scott Thomason**).

Turning for sympathy, Felix (**Bill Patterson**) spills the problems of his life to his dates, Gewndolyn (**Katy Habenicht**) and Cecily Pigeon (**Anne Runolfsson**).

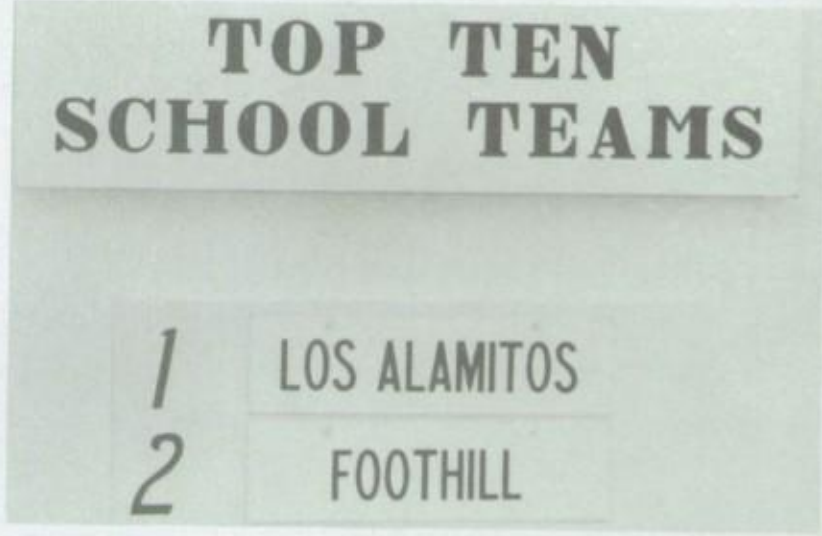
COMPETITIONS WON BY SUPERIOR TEAMS

The Academic Decathlon Team, once again captured the first place title in the Orange County tourament on November 20, Our team competed against forty-eight other schools and came through with a successful win. This championship title has been won six out of the last seven competitions. The ten Decathlon activities include Economics, Fine Arts, Grammar and Literature, Mathematics, Science, Social Science, Essay Writing, Interview, Speech (Prepared and Impromptu) and Super Quiz. It takes hard work on the part of each student to prepare for each competition. Two "A" students, two "B" students and two "C" students comprise the team, which practices and studies everyday during sixth period and after school. After winning the Orange County title, the Decathlon Team went on to compete at the Anaheim Marriott for the state title. On December 9, 1982, the academic team placed fifth overall the state competition.



The Super Quiz, one of the ten Decathlon activities, demands concentration, knowledge and a quick response. **Paul Hartman** hurriedly writes down his answer to the question.

Managers **Missy Sprague. John Wall** and **Lisa Cohen** are an important part of the team. They help prepare Decathlon members for each competition.



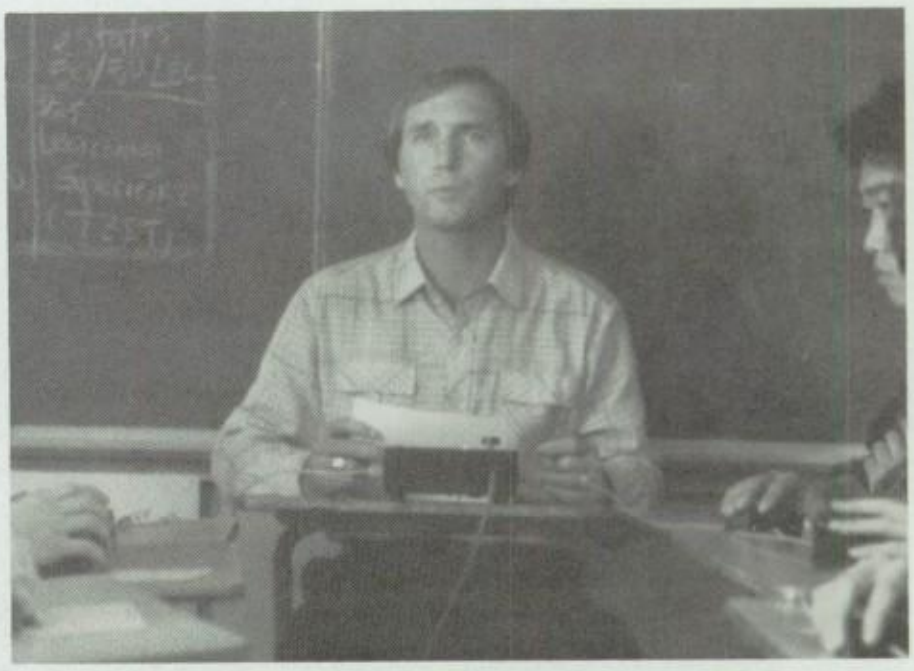
After putting forth great effort, the Decathlon team's scores are totaled up and posted, as Los Al takes first place.

Advisors **Kathy Wilson** and **Pam Steeby** and team members **Phill Swagel, Drew Wells, Bardia Pezeshki, Elizabeth Crane, Tony East** and **Paul Hartman** stand patiently awaiting the final scores.

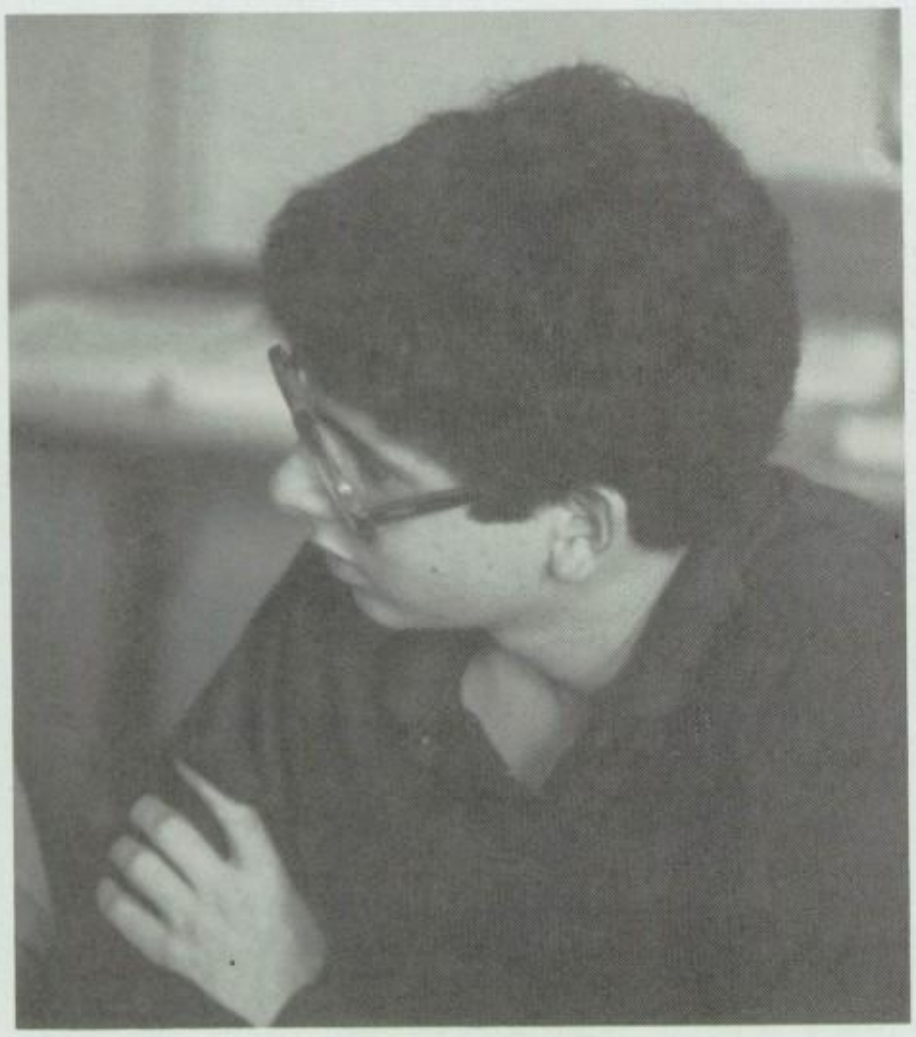
Senior Decathlon member, **Tony East** takes part in the Super Quiz. He looks up to study the immediate question presented on the overhead.

The Kiwanis Team, advised by Mr. Cross and Mrs. Holzman, competed with Orange County Schools in the spring. The team was composed of about fifteen members, a few from each grade. Each day after school the team practiced hard and studied various books.

Five members of the team competed at once. Trivia questions were asked covering assorted subjects. Timed competition began and when the clock stopped; a bonus question was asked for the whole team to discuss and answer.



The Kiwanis advisor, Mr. Cross, reads many challenging questions to the team as they practice for their competition. The team is also advised by Mrs. Holzman.



Concentrating hard, **Phil Swagel** listens to the first trivia question as the team practices for their competition at Sunnyhills.

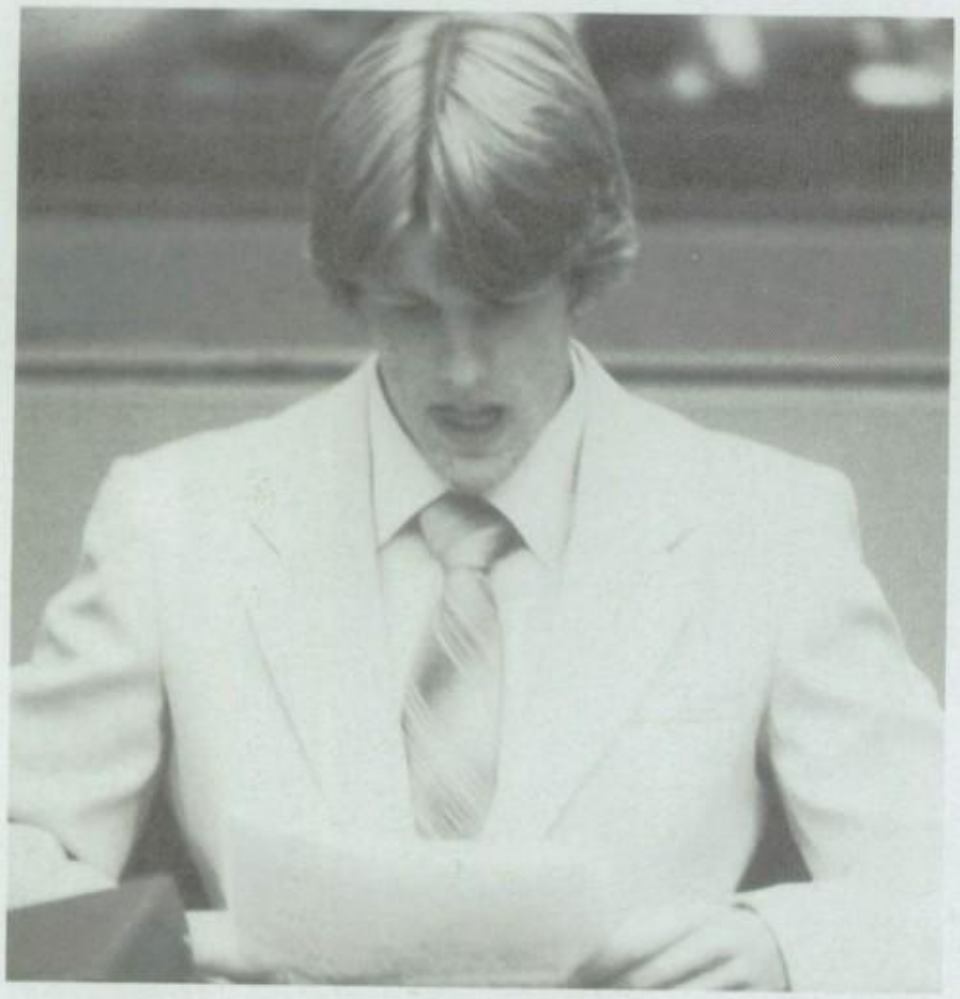
After the difficult question has been asked, team member Tony East, ponders the answer out in the hopes of being first to reply.

Kiwanis Bowl: Front Row - Liz Crane, Shelley Sandusky, Tony East, Phil Swagel, Nancy Jenner, Lisa Maulhardt, Helen Kim, David Cho **Second Row** - Craig Murray, Russel Carpenter, Robbie Stumph, David Reinking, Steve Brody, Sardi Carrano, Kevin Polacek, Advisor Mr. Cross

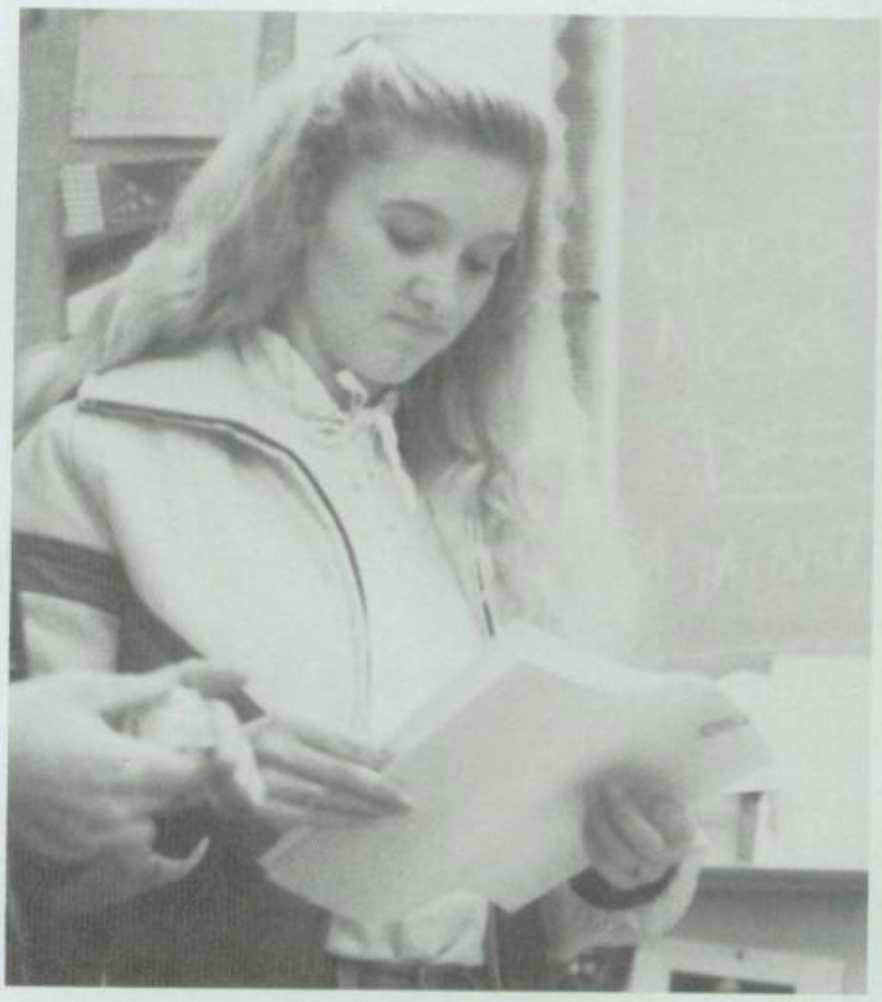
Hoping to win her first competition, **Nancy Jenner** waits to push the buzzer and answer her second question in a row.

TRIAL TEAM DEMONSTRATES EXCELLENCE

In its second year, Los Al's Mock Trial Team placed second in the Orange County Mock Trial Team competition. Both **Mr. Atherton** and **Mr. Singer**, a volunteer attorney, gave advice on how to give testimony and how to respond to the trial questions. The competition was designed to give students a chance to be both on the prosecuting side and on the side of the defense. The students played the roles of the cross-examining, opening and closing attorneys. The students also played the witnesses for the prosecuting and defense attorneys. Each student had a specific character to play, and each student was required to have the situation memorized including the reactions of their character. Ms. Kantor stated, "Dave Weber did as good a job as any real lawyer might have done."



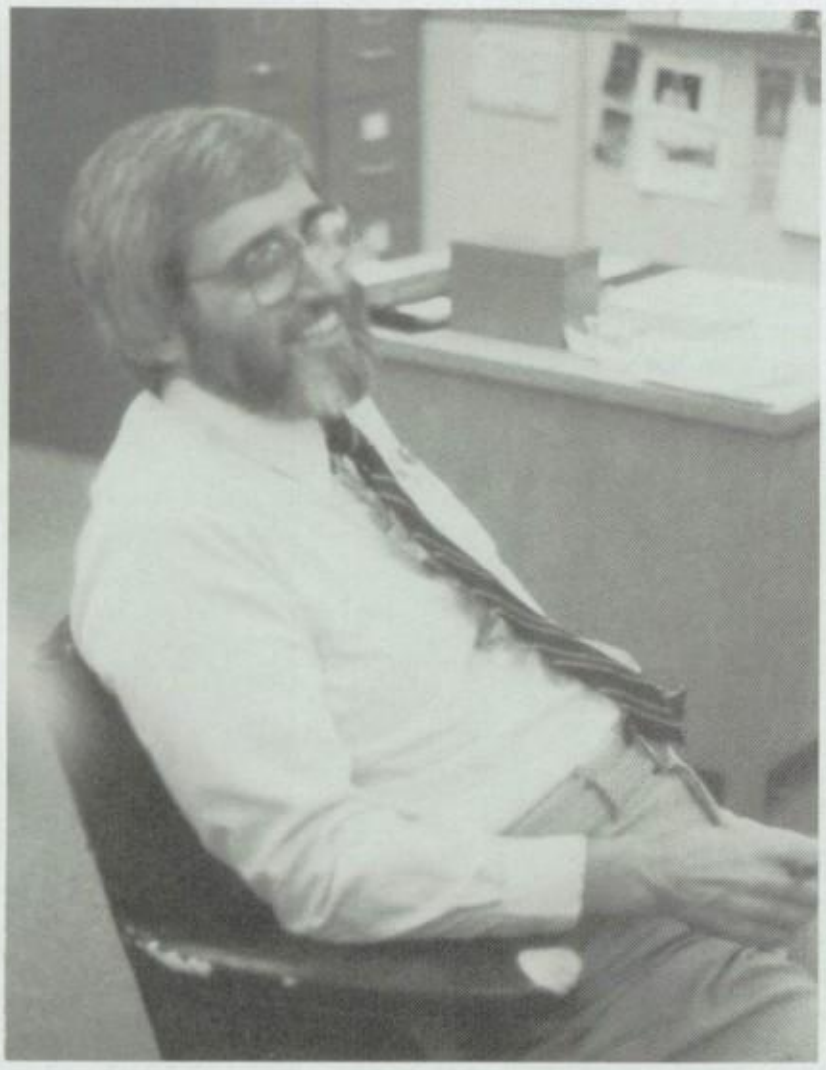
Pat Omarah, one of the chief prosecuting attorneys for the team, gives a direct examination to a defense witness. Many long hours are spent perfecting their material.



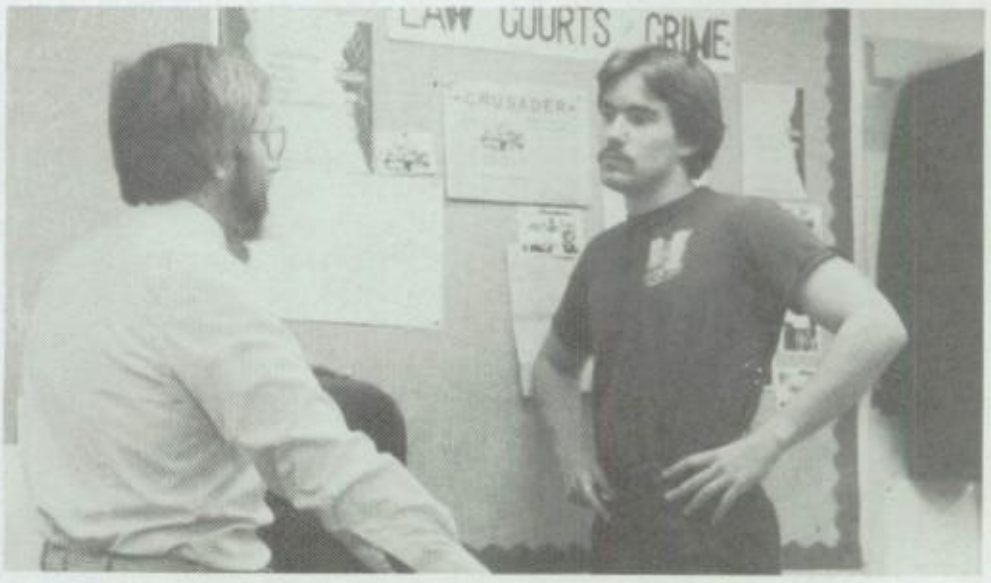
Pam Kist goes over her statements during practice. Attorneys and witnesses go through their material countless times to ensure they know it thoroughly.

Kirsten Forrester, the team's secretary, looks over some of the paper work necessary for the trial team's competition.

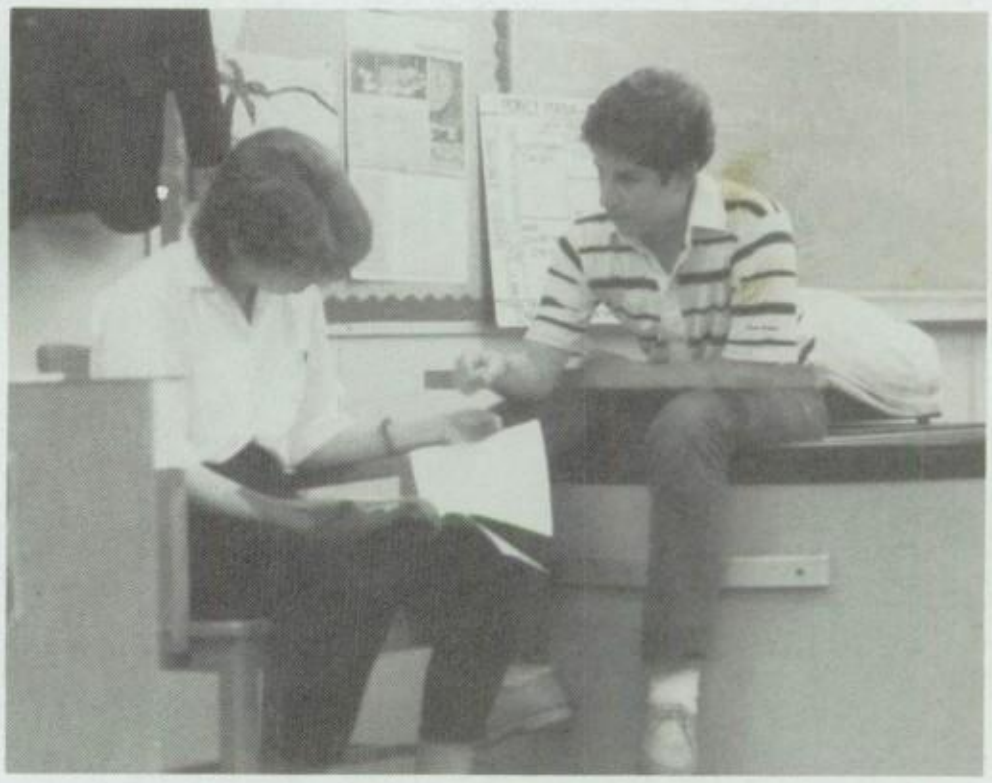
Mock Trial Team: Front Row- Steve Brody, Ann Pincek, Pam Kist, David Christy, Kelly Mullaney, Tony Torquato, David Blum **Second Row**- John Minaker, Jim Speights, Kirsten Forrester, David Weber, Brent Erickson, Kari Hudson, Parke Weaver



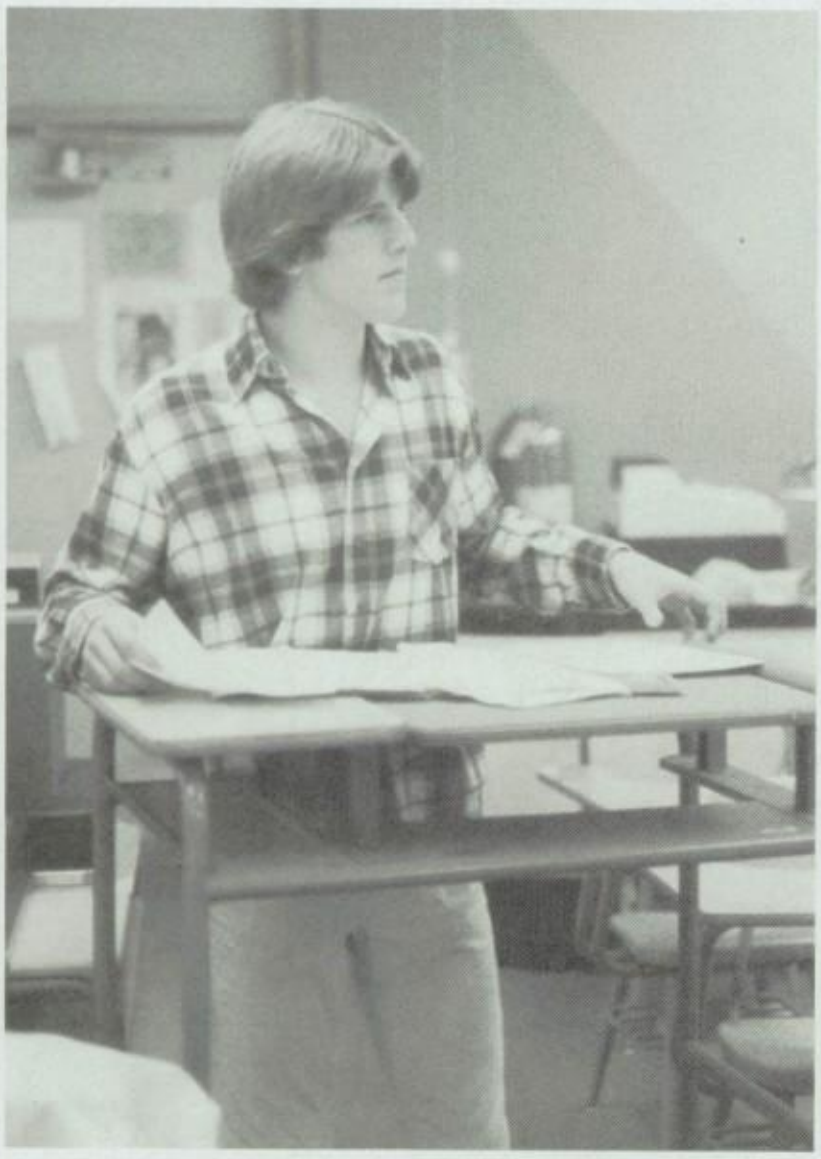
From his chair **Bob Atherton**, advisor of the Mock Trial team, helps the team members with their various statements for the upcoming trial.



Mr. Atherton and the prosecuting attorney, **Jim Speights**, discuss the details of his presentation and quickly drill through the complicated arguments which a top attorney must be familiar with.



Witness, **Kari Hudson**, and attorney, **David Blum**, rehearse through their statements and key points so that they will be prepared for the trial against the opposing team.



Pat Omarah, a senior member of the Mock Trial team, carefully studies all the important papers pertaining to his case, including research material.

One of the few juniors on the team, **Tony Torquato** take the the witness seat to review his part. Each team member is an important character in the trial.

ACADEMIC, CAREER STUDENTS HONORED

Although academics are most important, so is being able to achieve career goals. The Los Alamitos — Seal Beach Chapter of the Rotary Club along with Mr. Hills took part in awarding students for their outstanding career achievements. The students were awarded with a seventy-five dollar savings bond and a luncheon. **Maria Vaca** was awarded honors for October. She has been able to obtain grades which qualify her for CSF while teaching aerobics. In November, **Scott Miller** was awarded with honors for his excelling performance. **Pamela Kist** was December's choice. Her enrollment in several ROP classes enabled her to graduate early and go on with her career goals. **Debra Spung** was chosen for January. Her present job is enabling her to fulfill her future career in cosmetology by allowing her to save money for schooling. February's Career Student of the Month, **Steve Burris**, is involved in car mechanics. He is recently employed at his father's shop. The honors for March were awarded to **Gail Batisti**. Modeling is just one of Gail's future careers. **Quent Gordon** and **Brett Spraggins** were chosen career students for the months of April and May respectively. These men are interested in auto and machine related fields. Their careers hope to be associated with these fields.

The Student of the Month is a student which is chosen because of his or her leadership and character. All students chosen were awarded with a plaque and a fifty dollar savings bond presented to them by the Rossmoor Women's Club in accordance with the school. September's student of the month was **Chuck DuBourdieu**. Not only was he chosen for his outstanding leadership but also because of his academic achievements. In October **Nancy Stratton** was chosen. Her character and abilities enabled her to be nominated Senior Class Vice President. **David Houck** was November's student of the month. He is President of the Key Club, a member of Senior Class Committee and Congress. He is also on the

Maria Vaca
October

Scott Miller
November

Pamela Kist
December

Debra Spung
January

Steve Burris
February

Gail Batisti
March

Quent Gordon
April

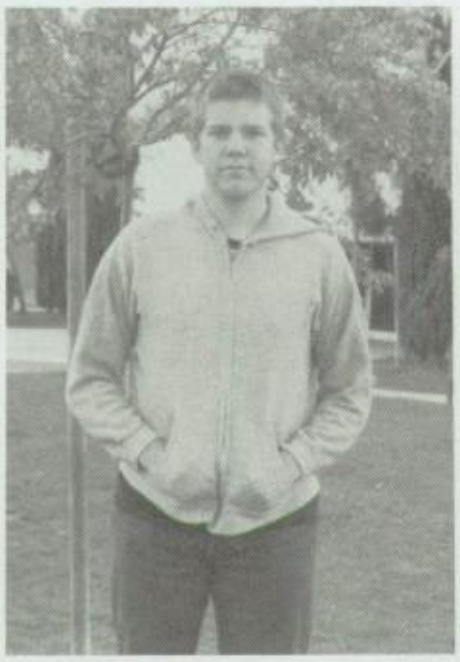
Brett Spraggins
May

Varsity Baseball Team. December's honors were awarded to **Paul Hartman** a member of the Decathlon Team and Varsity Soccer Team. **Phil Swagel** was honored as January's outstanding student. His stable 4.0 GPA, Decathlon and Quill and Scroll memberships have enabled him to be nominated. February's honors go to **Mark Junkermann** a top runner in Orange County and "Athlete of the Month." Because of his activeness and involvement in school activities **Andy Hermann** was awarded student of the month in March. April showers bring **Cindy Go** the honors. Her overall talent has enabled her to excell in everything she attempts. **Mia Wenjen** was chosen for May's student because of her efforts put forth. In June **Missy Sprague** was honored. Her membership in the Decathlon Team, Congress and Keywanettes helped her to acheive this award.

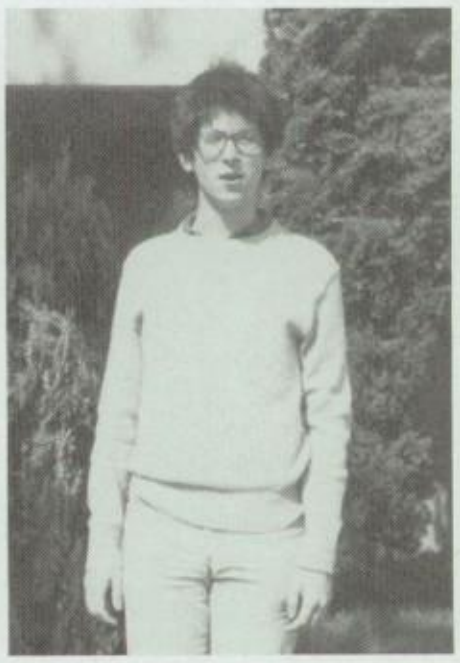
Chuck DuBourdieu
September

Nancy Stratton
October

David Houck
November



Paul Hartman
December



Phil Swagel
January

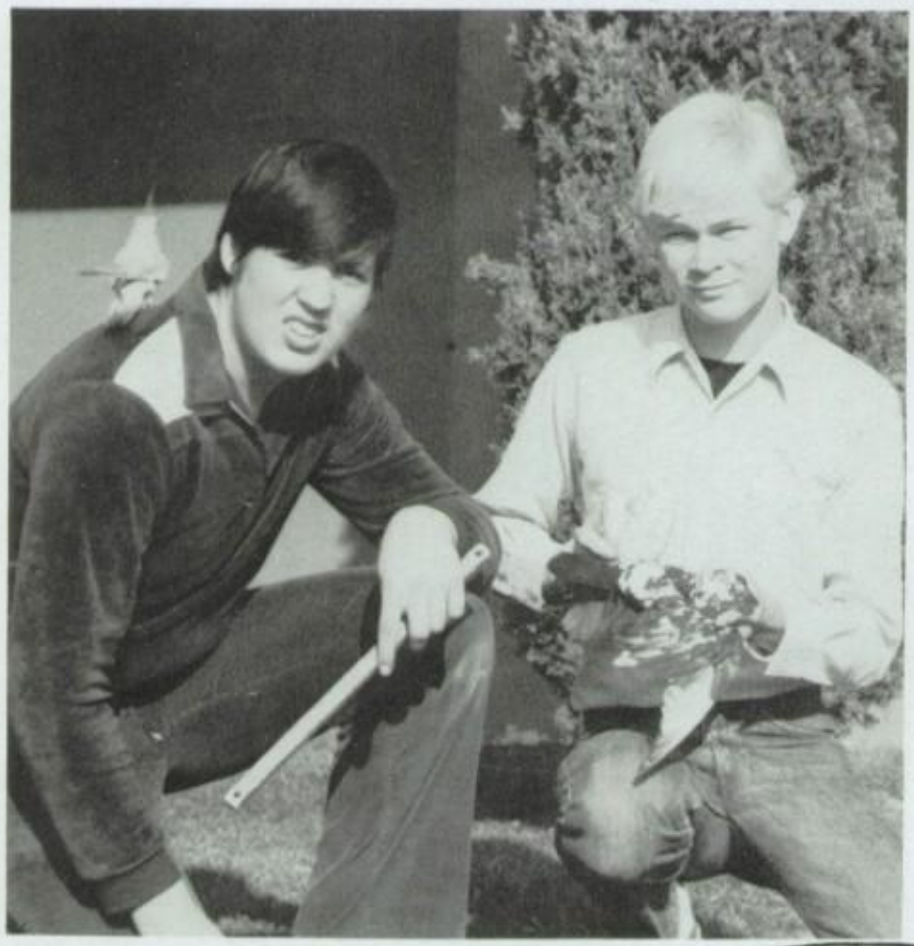
Mark Junkermann
February

Andy Hermann
March

Cindy Go
April

Mia Wenjen
May

Missy Sprague
June

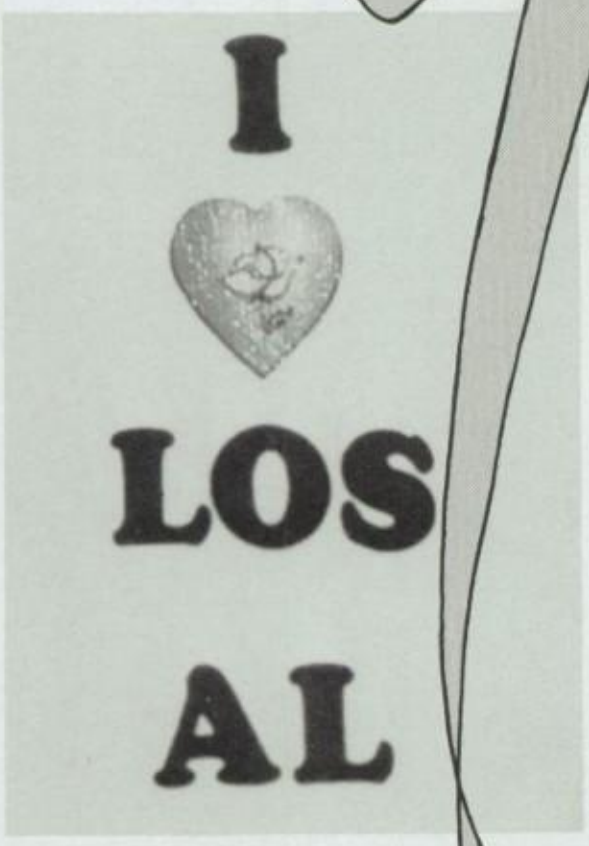


4-H Club members, **Jose Camarena** and **Charles Bueno**, care for their pet birds. Learning more about their pets helps them to better understand the animals.

The quad was a noisy crowd of confused students during Club Picture Day. The largest club, CSF, filled the area in front of the MPC.

A photographer on the 1983 Cottonwood staff, **John Danvers**, focuses in on different clubs and organizations during Club Picture Day.

Organizations



The Junior Prepsters wore an emblem on their sweatshirts that reflected their image.

Senior Celeberties: Front Row- Nonnie Skeel, Stacia Bodeman, Pam Parker **Second Row-** Mrs. Pam Steeby **Third Row-** Suzanne Hoffman, Lori Kidd, Tammy Sloan, Lisa Peterson, Jackie Palmer, Bonnie Reynolds, Leslie Howard, Kathleen Self, Anne Runolfsson

SINGLE INTEREST CLUBS BUILD SPIRIT

Many of Los Al's clubs are geared around a single interest. One of these is the Hearts Club which is set up to help build interest in home economics. Under the direction of **Mrs. Joan Parent** and **Mrs. Donna Hulen**, the club engages in a number of fundraisers, such as the annual "Holiday Bazaar".

Another interesting organization is the newly formed Law Club. The club, under advisor **Mr. Bob Atherton**, is designed to educate students on some of the various facets of law.

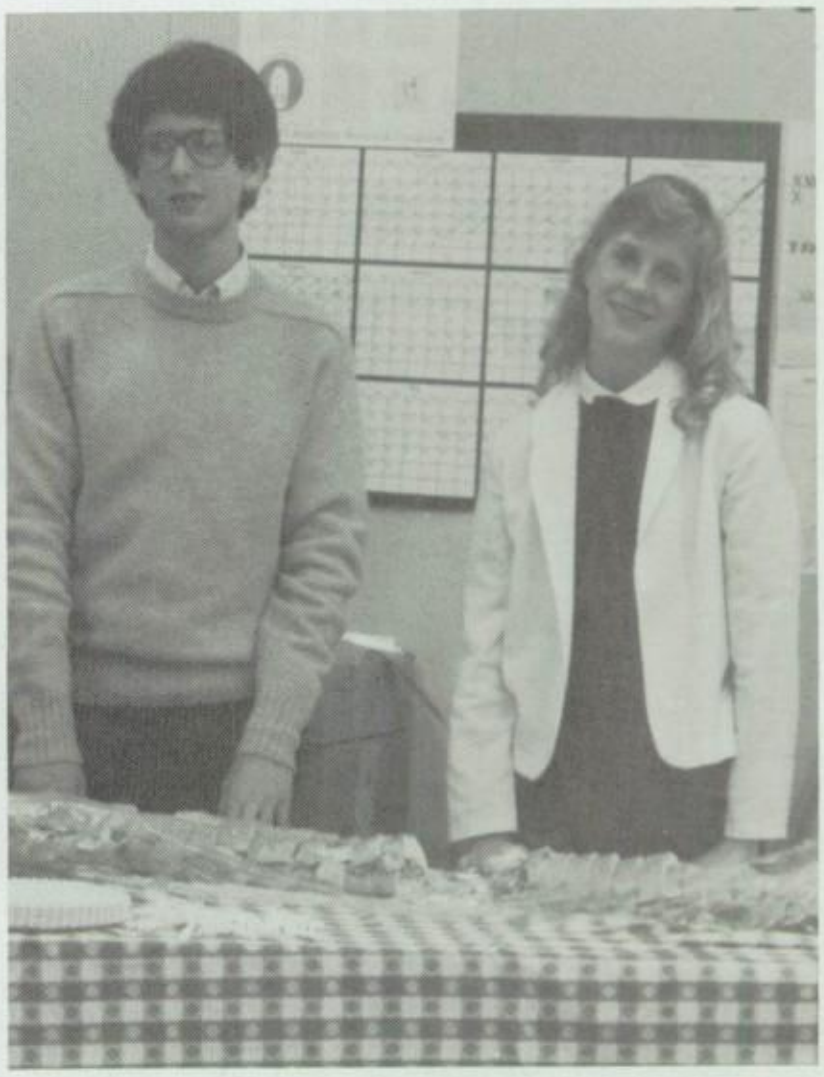
Quill and Scroll is an honor society for students who maintain a 3.1 grade point average and participate in the production of the yearbook or school paper. Members of this prestigious organization receive a gold pin, a subscription to the **Quill and Scroll** magazine, and a membership card. The club is headed by advisor **Mrs. Jan Kenny**. Its primary goal is in promoting interest in the field of journalism.

Hearts Club: Front Row- Shareen Scott, Tina Goldiano, Meri Malohn, Carolee Sheets, Martha Ortiz, Pam Parker, Laura Barnes, Leslee Durkee, Jana Lifshin, Trang Huynh, Patty Flores, Maria Puente **Second Row-** Mrs. Donna Hulen, Donna Shugart, Stacey Shanberg, Julie Swanson, Carolyn Hess, Carol Patterson, Paige Rallo, Ginger Hodson, Delane Camp, Kathleen Self, Lisa Morey, Sandee Williams, Kristy Spiegel, Kristen Sprague, Kay Forte, Mrs. Joan Parent

Hearts Club Officers: Front Row- Pam Parker, Leslee Durkee **Second Row-** Kay Forte, Ginger Hodson, Maria Puente

Sometimes simple things may appear quite amusing. **Carolyn Zerwick** seems to find some humor in the way that **Debbie Shuppara** stirs the punch.

Quill and Scroll: Front Row- Melinda Zommick, April Bole, Lisa Cohen, Kathi Lattanzio, Kim Smith, Helen Kim, Lynn Koleff **Second Row-** Gina Meyer, Lori Kidd, Maria Vaca, Lisa Shanaberger, Steve Stein, Larry Martin, Kim Sorenson, Roberta Hutcheson **Third Row-** Delane Camp, Doug Steele, Phil Swagel, Craig Nordstrom, David Cho, Elizabeth Powell



During a Quill and Scroll meeting, Vice-President **Phil Swagel** and President **Kim Smith** serve a 6-foot submarine sandwich.

Law Club Officers: Pam Kist, Jim Speights, Kirsten Forrester

Law Club: Front Row- Pam Kist, Jim Speights, Kirsten Forrester, Nonnie Skeele, Andy Remnet, Tom Sanders **Second Row-** Mr. Bob Atherton, Staci Scott, Janna McNamara, Lee Houghton, Steve Husten, Tim Siegfried, Ann Pincek, Monte Larsen

ACHIEVEMENTS HONORED IN CSF AND NHS

California Scholastic Federation is a state-wide honor society for students who meet the necessary academic requirements. Membership is for the semester following the one in which the qualifying grades were earned, and is for one semester only. In order to become a member, the student must submit an application for each semester for which he is eligible. Members of CSF engage in fundraising activities to earn money for their scholarship fund.

National Honor Society is an organization that is for seniors only. The student must have maintained a 3.6 grade point average during his sophomore and junior years in order to qualify.

The S-Club is a service organization for high school girls designed to aid the community and the school in any way possible.

CSF: **Seniors**- Eric Abrams, Peggy Beckett, Jane Chen, David Cho, Lisa Cohen, Liz Crane, Lisa Dingillo, Joseph Dunn, Meg Gary, Cindy Go, Mike Kasumovic, Kevin Kelder, Joseph Kimball, Lawrence Martin, Rose McIntyre, Regina Meyer, Craig Murray, Rick Needham, Craig Nordstrom, Greg Olson, Bill Oppenlander, Tim Pangelinan, Bill Patterson, Bardea Pezeshki, Ann Pincek, John Ripley, Dan Rosenfeld, Anne Runolfsson, Scott Shoults, Sherry Skibbe, Sharon Sprague, Tim Still, Pat Stoll, Nancy Stratton, Phillip Swagel, Maria Vaca, Mia Wenjen, Sean Wiggins **Juniors**- Michele Archer, Cheryl Birdsall, Melissa Bolling, Steve Brody, Delane Camp, Sardi Carrano, Angie Conley, Tom DeHart, Lovy Dhillon, Mini Dhillon, Rhonda Duffaut, Shawn Duzich, David Fernbach, Steve Ferrel, Renee Franks, Julie Gilchrist, Brad Gold, Kim Green, Davine Haimov, Brian Houck, Daryl Iwakoshia, Nancy Jenner, Arlo Jorgensen, Helen Kim, Judy Koong, Rosemary Liu, Andrew Magnet, Lisa Maulhardt, Pat McIlrath, Kim McVicker, Debbie Morton, Michele Muramoto, Catherine Newlin, Nam Nguyen, Eunice Park, Loc Pham, Kevin Polaceck, Beth Rattner, David Renking, Lisa Rizer, John Roberts, Michele Rodefeld, Teddy Rozolis, Shelly Sandusky, Cindi Siler, Kimberly Simth, Lisa Steele, Robbie Stumpe, Melissa Tober, Mark Trombino, Laura Upham, Kristina Vycius, Michael Weinstein, Elizabeth Welzen, Michael Willis, Bill Woyshner, Verna Wright, Philip Wyels, Regina Yorge, Jordan Zommick **Sophomores**- Roberta Abrams, Mike Aurand, Kathy Beatty, Deanna Benstead, Jeff Brown, Jennifer Castlen, Jennifer Caughlin, Ivy Chou, Jeff Cimbalo, Tracy Clark, David Clissold, Jeff Coontz, Michael Egan, Kathy Ernst, Greg Ferenstein, Joy Fernbach, Mike Fogarty, Kathy Glaudini, Alan Go, Robert Goosman, Laurie Hamada, Kenny Hayashida, Lori Heinselman, Laura Hill, Mark Houck, Tim Innes, Eric Itakura, Lisa Jones, Janice Kasumovic, Kurt Kelder, Lynn Kichline, Tommy Kim, Mike Knittle, Albert Koong, Laura Kraft, David Levy, Mark Lewis, Diane May, James Mentas, Lauren Omchundro, Kristin Pipal, Stacy Pollard, Wendy Radi, Marc Reissig, Cindi Siler, Gene Sollows, Trey Sandusky, Greg Spooner, Yurika Szabo, Travis Tarchione, Adam Torem, Denise Troutman, Kelly Uyeda, Traci Walker, Suzanne Welter, Thet Win, Russ Wolf, Tisha Wong, Guy Woodson, Bobby Yee **Freshmen**- Chiki Aurang, Robert Batey, Michael Bernstein, Stefani Canine, Michael Chen, Michael Dawson, Rosanne Garcia, Julie Green, Tracy Gibson, Shahana Hassan, Donna Hays, Marcia Kingsbury, Keith Knittle, Julie Heincy, Erica Huang, Laurel Kergan, David Lamb, Elisa Longsam, Sandra Larson, Lance LeCompte, William Libby, Marisa Macris, Tom Nockold, Suzanne Oppenlander, Lind Palmer, Jeannie Park, Kristin Pipal, Shannon Polocek, Scott Raber, Debra Rattner, Larry Reinking, Kevin Roe, Robert Rhyu, Cathy Siler, David Sohn, Heidi Stauch, Athanasia Syrengeias, Sabrina Thomas, Thann Ta, Traci Trombino, Chis Vesper, Grace Wang, Paula Wasikowski, Noreen Wenjen, Christy Martinez, Jan Maulhardt, Missy Munsterman, Carmine Napolitano

National Honor Society: First Row- Mrs. Alcene Holzman, David Cho, John Danvers, Lisa Cohen, Missy Sprague, Jane Chen **Second Row**- Nancy Stratton, Mike Kasumovich, Sean Wiggins, Jon Ripley, Bill Oppenlander, Craig Murray, Ms. Kathy Wilson **Third Row**- Craig Nordstrom, Eric Abrams, Louise Arambula, Bill Patterson, Dan Rosenfeld, Tim Still, Kevin Kelder

S-Club: Front Row- Jane Chen, Maria Gonzales, Rosalie Sunga, Marianna Eaton **Second Row-** Carolyn Gough, Laura Griffith, Erica Scott, Jana Froboese, Carol Laurie, Lisa Cummings, Kim Bauhard, Missy Sprague, Tricia Everson, Debbie Riedberger, Melissa Tober, Mrs. Betty Thompson.

Carolyn Gough, Danette Perez, Maria Gonzales, and **Missy Sprague** discuss an upcoming conference at an S-Club meeting.

Making candy necklaces to distribute was one of S-Club's many worthwhile activities. **Kathy Glaudini, Debbie Rah,** and **Melissa Bolling** work on this interesting and thoughtful project.

JOURNALISTS RECORD MEMORABLE EVENTS

Throughout the year the members of the **Crusader** staff work hard at producing the newspaper. The Crusader is published each month by the students and covers many topics from school news to world events. Working on the **Crusader** staff is a great journalistic experience. The **Crusader** is an excellent example of the dedication to quality seen in Los Al students.

Capturing the memories of the past year has not been an easy job for the members of the **Cottonwood** 82-83 staff. Much time during and after school has been spent in the making of the **Cottonwood**. The editor, **Maria Vaca** and the assistant editor, **Lisa Cohen** were very dedicated to their job of organizing the annual. The advisor, Mrs. Kenny, set the guidelines for creating the **Cottonwood** and made sure everything was done properly. Most of the staff is made up of juniors and seniors who are interested in school activities.

Linda Laszlo and **Debbie Kanoe** look over an issue of the **Crusader**. Each month the staff members evaluate the past month's edition and see if improvement is needed.

Crusader Photographers: Front Row- Kelly Shifflett, Patty Whisenhunt, April Bole **Second Row**- Cindi Powers, Rick Weedham, Michele Levitt, Glenn Kaneko

Crusader Staff: Front Row- Mia Wenjen, Helen Kim, Kelly Shifftlet, Thet Win, Yurika Szabo, Linda Laszlo, Lynn Koleff, **Second Row**- Daryl Iwakohsi, Phil Swagel, Stuart Nakyama, John Orr, Casey Stetler, Andy Herman

Glenn Kaneko, a photographer on the **Crusader** staff, delivers copies to each classroom fourth period.

Doug Steele takes a moment to reload his camera after taking pictures of different sights on campus during the school day.

A dedicated member of the Cottonwood Staff, Laurie Johnson remains after class to finish her work.

Lisa Shanaberger smiles as she takes a break while sorting pictures.

Cottonwook Staff: Clockwise- Kendra Blan, Jody Okamoto, Steve Stein, Melinda Zommick, Gina Meyer, Lori Kidd, Pam Parker, John Scott, Robert Isbell, Roberta Hutcheson, Kathi Lattanzio, Sandy McClaren, John Danvers, Lisa Cohen, Delane Camp, Karen Smith, Laurie Johnson, Maria Vaca, Robert Fischer, Elizabeth Powell, Kim Smith, Heidi Werner, Tracy Callen

Marc Kjorness sorts pictures taken by the yearbook photographers. He looks at a picture and tries to decide what section he could put it into.

Spending many hours after school trying to complete his pages for the deadline, Larry Martin finishes drawing his practice layouts and writing cutlines for the yearbook.

SERVICE, ARTISTIC GROWTH PROMOTED

Photo Club is a club dedicated to school service and also to artistic growth within the art of photography. The photo club advisor is Mr. Ron Considine, who puts a great deal of time and effort into guiding the students who are members of the photo club.

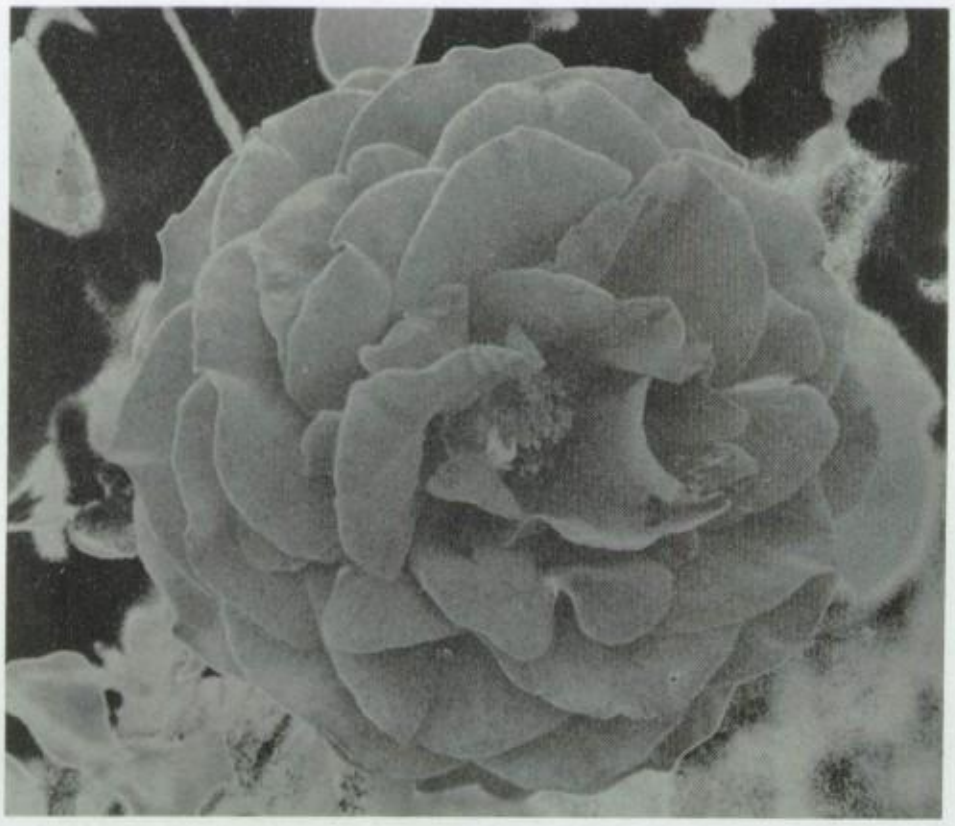
The students learned new techniques in photography. They also entered photo contests and went on photo shoots for new material. The club also did copy work, prints, or reproductions that were needed by the teachers.

Many and varied were the activities of the Keywanettes, the all-woman campus service group sponsored by the Kiwanis Club of Los Alamitos. After participating in the Annual Bowl-A-Thon for Cystic Fibrosis, they sailed into a spirited Ho-Ho Gram and Colouring Book sale for the Christmas season, as well as a Kiss-O-Gram for Valentine's. They also held a breakfast for Los Al's dynamic Mock Trial Team on January 28, 1983.

Key Club members conducting a most successful canned-food drive around Christmas, collected enough door-to-door to feed thirty needy families in the community.

Dan Saxon takes a break from shooting his model in order to make an adjustment in his lights.

Photo Club: Bardia Pezeshki, John Roberts, Greg Robertson, Jim Kirtpatric, Rene Deitsch, Jason Swieck, Rena Gunnerson, Jose Camarena, Mr. Ron Considine, Babak Pezeshki **Not Pictured:** Melynda Allen, Rich Atwood, Tricia Baker, Bob Ceisel, John Danvers, Dave Ceershon, Scott Harvey, Sharon Herbert, Paul Krueger, Lisa Peterson, Craig Preston, Bob Sanregent, Esome Verra, Jill Whitney, Lisa Ziemba



Babak Pezeshki, a junior, used many different and varied techiniques to create this outstanding and original photograph of a rose. Photo Club teaches new techniques to students.

Judy Chavez cuts cardboard so she can drymount a photograph of a surfer taken on one of the many photo shoots.

Key Club: Front Row-Craig Nakao, Mr. Daly, Kenny Hayashida **Second Row**-Rick Vanderhaar, Mike Cimmarusti, Matt Marrick, David Houck, Brian Curran **Not Pictured:** Jeff Brown, Matt Carter, David Chou, Monte Collins, Ron Dabbah, Mike Flanagan, Brad Hirst, Mike Lynch, Richard Pickard, Brad Reidy, Trey Sandusky

Keywanette Alisa Parks reads a list of the people who received Ho-Ho grams.

Keywanettes: Front Row-Traci Trombino, Pam Parker, Missy Musterman, Shannon Polacek, Laura Barnes, Besty Young, Ellen Bloom, Christine Weaver, Nimfa Nafferrete, Janene Eubanks, Lori Kidd, Laurie Johnson **Second Row**-Michelle Lytch, Traci Gibson, Shannon Fitzgerald, Kim Wiley, Dawn Linsey, Kathy Lunde, Cindy Siler, Mr. Daly, Mariza Manabat, Rosemary Liu, Melinda Zommick, Orsa Spyrs, Kim Smith, Sandra Williams, Rochelle Simich, Constance Vames **Third Row**-Ann Pincek, Nancy Stratton, Alisa Parks, Elizabeth Powell, Wendy Regnier

Keywanette Officers: Treasurer Nimfa Nafferete, Secretary Kim Wiley, Advisor Bill Daly, President Bonnie Reynolds, Financial Secretary Christine Weaver

Senior **Melinda Zommick**, a first year member of Keywanettes, holds a goldfish sent to her as a joke from her Keywanette buddy **Elizabeth Powell**.

STUDENTS MAKE OVERSEAS FRIENDSHIPS

The French Club gave French students the opportunity to learn the language as well as the customs of France. Their activities included trips to french restaurants, seeing french films, and going to camp for a week to further their study of the culture and lifestyles of France.

The German Club provided students who studied German with various kinds of activities throughout the year. The club made numerous outings such as a trip to Magic Mountain and a chance to taste genuine German food at Hofbrauhaus, a restaurant in L.A. Some of the students participated in the four week school exchange between the Paracelsus Gymnasium in Stuttgart and our school. Being a member of the German Club gave the students the opportunity to do all this and correspond with German pen pals. The club also had their T-shirt day once a month.

Selling buttons, French students **Mike Chen, Yvette Marin, Kenny Hayashida,** and **Robert Rhyo** try to raise money for their foreign language club.

The French club involves its students in many activities and outings. **Monica Sheilds, Terri Johnson,** and **Mojgan Farrokhzadian** enjoy themselves at one of the French restaurants they visited.

French Club: Cathy Allard, Melissa Bolling, Ruth Busenkell, Sardi Carrano, Jennifer Caughlin, Mike Chen, Paul D'Amour, Lovy Dhillon, John Espinoza, Mojgan Farrokhzadian, Kirsten Forrester, Renee Franks, Eric Garthwaite, David Gershon, Kay Gillette, Laurie Hamada, Kenny Hayashida, Sandy Hertzig, Laura Hill, Judy Holzgang, Daryl Iwakoshi, Terri Johnson, Lisa Jones, Judy Koong, Laura Kraft, Bill Lussier, Mariza Manabat, Kim Mirsoftani, Michele Muramoto, Stuart Nakayama, Trey Sandusky, Kris Schlauch, Monica Shields, Alison Teaford, Melissa Tober, Grace Wang, Malcom Womack, Kevin Yeh

Cruising on her moped, **Nancy Conklin** displays the friendship between Germany and the U.S. at their annual soccer game.

German Club: Jon Johnson, Adelle Miller, David Sohn, Russ Carpenter, Todd Paulos, Scott Raber, Darlene Hocks, Ricky Powers, Robert Grossman, Marin Kussler, Brooke Peters, Wendi Radi, Albert Chang, Dan Geer, Brenda Huber, Jeni Castlen, Sandra Salamanca, Paula Wisakowski, Janine Martin, Brooke Burtsell, Greg Schenk, Jeff Brown, Anarag Chandra, Craig Wilkerson, Cathy Crockett, Peter Vejsz, Ron Hankle, Elizabeth Schuck, Barbara Heller, Charlie Bueno, Missy Sprague, Ken Stauch, Mark Reissig, Erin Anderson, Derek Bowen, David Messinger, David Hastie, Scott Fernbach, Tom DeHardt, Steve Sanden, Tamas Vejsz, Jodi Rovida, Suzanne Bragg, Wim Libby, Steve Ferrell, Derrick DuBourdiea, Tim Pettigrew, Robert Fischer, Rachel Baird, Bill McGran, Bill Schakelford, Debra Sittler, Adelle Bish, Jim Reis, Chris Bonocore, Erica Scott, Steve Snyder.

At their annual soccer game, members of a variety of foreign language clubs took on the exchange students from Germany. The game proved to be very exciting and a good time was had by all.

Arriving at Los Angeles International Airport, German students **Chris Eisenbraum** and **Elke Weinaur** are greeted by **Erika Scott** and **Kim Green.**

German exchange students **Peter Herman** and **Paul Perthen** receive soccer advice from their teacher **Mr. Karl Waidelich.**

During the foreign language soccer match, **Mr. Pectol** displays flags from both countries involved.

After spending a month in the United States, **Sabina Fisher** packs all her belongings for her trip back to Germany.

CLUBS ENJOY ACTIVITIES YEAR ROUND

Spanish Club is an organization of students who are interested in learning more about the Spanish culture and people. Activities of the club are centered around the Spanish language and discovering the great character and pride common to the people of the great Spanish cultures. This year, the club participated in many exciting activities including Spanish holiday parties, Cinco de Mayo, and a soccer game with the German Club. For Christmas, the club attended a special procession at Olvera Street.

Another extremely active club on campus was 4-H. They participated at fairs and dog shows, entering pets and live stock. Members of the 4-H club volunteered many hours to the safety and well being of animals in our community. Their outstanding care and attention towards animals were two of the many responsibilities of the 4-H pledge. Pledges and commitments to the community are also the Interact's way to continue services to the neighborhood. Each of these clubs, are interested in service and school activities.

Spainish Club: Front Row-Matt Fisher, Jeanie Parks, Patty Whisenhunt, Amy Swiek, Denise Troutman, Devin Last, Stacy Burris, Julie Green, Kim Hudson, Linda Bueno, Mrs. Huey **Second Row**-Nancy Stratton, Ivy Cho, Steve Brody, Teddy Rozolis, Eric Garthwaite, Andy Magnite, Howard Fitzer, Airon Goatman, Chuck DuBourdieu

Charging **Chris Frewin**, **Craig Nordstrom** attempts to steal the ball before **Chris** can kick it away from him.

Enjoying the German Club versus Spanish Club soccer game, **Mrs. Beck** and **Carol Cauchon** watch from the sidelines.

Interact Club: Front Row-Teddy Rozolis, Howard Fitzer, Barbara Caruso, Cathy Allard **Second Row**-Davina Haimow, Cathy Newlin, Kenny Hayashida, Regina Yogore, Jennifer Marinis, Eunice Parks, Kim Green, Corrine Atkinson, Debbie Dean, Rhonda Daffaut

Samantha Griffin, holding Summer, does not catch the distraction caught by Summer. Tammy Tober rubs the bunny's ears to keep it comfortable.

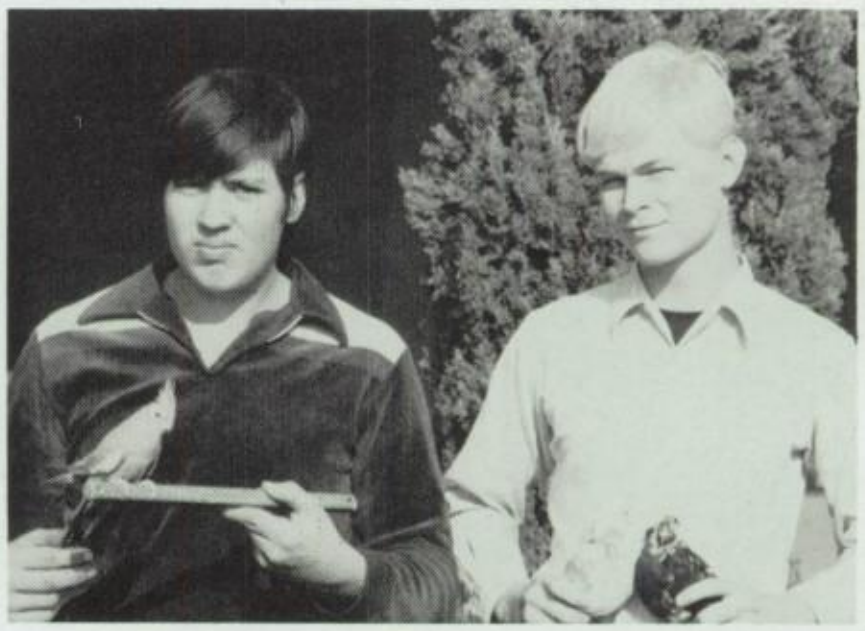
With her dobie, Lisa Cusumano enjoys her pet and enters him in local fairs and competitions

4-H PLEDGE

I pledge:
My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service,
My Health to better living for my club, my community, my country and my world.

Clockwise from top: **Melissa Tober** and **Linda Bueno** prepare their Unicorn for the show. **Kristina Vycius** holds Summer calmly. **Mrs. Sleeper** rests a moment at the fair. **Mike Shackleford** cuddles his yar.

Linda Bueno, Mrs. Sleeper with dog Summer, Melisa Tober, and Kristina Vycius pose with their favorite friends. Smaller animals like dogs and rabbits are popular.



Jose Camarena and **Charles Bueno** take great pride and care in raising their fowl. Displaying them at fairs and expositions requires skill and patience.

UNDERCLASSMEN LAUNCH ENTHUSIASM

As the major purpose for T-shirt clubs, promoting school spirit and involving the students in school activities is very important. Numerous clubs were formed on our campus and helped create a positive attitude among the student body involving campus happenings. All clubs participated in the Spirit Week activities, as well as attending sports events and taking part in our pep assemblies. The Sophomore Space Cadetz, a club of eight enthusiastic girls, along with their advisor Mrs. Huey, participated in Los Al's attempt for the world's record in car washing held at the race track in November. Many of the clubs were small, such as the Junior S.E.A. D.E.E.S., and the Radical Sophomores, but they cheered our teams on with as much enthusiasm as the large clubs on campus. Eight vivacious freshmen calling themselves "squirts" aided in developing a positive identity among their class. Sporting their colorful T-shirts, the Freshman Pee-Wees made their presence known through their participation in pep assemblies.

RADICAL SOPHOMORES: Front Row-Mr. Cross, Helen Exacoustos Second Row-Jodi Jandron, Shawn Nuttal

SEA DEES: Front Row- Davina Haimov, Julie Gilchrist Second Row- Mr. Cross, Mr. Morris

SOPHOMORE SPACE CADETZ: Front Row-Amy Swieck Second Row-Yurika Szabo, Thet Win Third Row-Traci Walker, Mrs. Huey, Patty Whisenhunt, Miki Aurang

Freshmen Squirts: Stacy Shuck, Rhonda Peterson, Mary Boland, Sheri Carll, Julie Green, Erin Anderson, Heidi Stauch, Stacy Burris, Mrs. Flynn

A few members of the P-W.E.E. club share some good stories at lunch talking about club activities.

When asked by her friends what she thinks of her T-shirt club the P-W.E.E.s, Julie Johnson's answer is clear.

P-W.E.E.S.: Julie Johnson, Donna Hardin, Debbie McIntyre, Dina Reyes, Jana Lefshin, Tracy Sternin, Debbie Sittler, Darilyn Sisemore, Michelle Sayers, Kristi Speigel, Mr. Cross

LOS AL CLUBS PROMOTE SCHOOL SPIRIT

The Los Al Junior Prepsters were a group of girls who loved the preppy look. Plaid shorts, polo shirts and the classic loafers were their favorites. With Lisa Steele as their President, their main goal was to spread school spirit. They felt their club was a good way to promote school fun. They tried to support all the teams which included going to all activities and sports events.

Another spirited club at Los Al were the Football Widows. They were a group of five girls that were very interested in the sport of football. These girls all had boyfriends that played football and they felt that with all the time their boyfriends devoted to the game, they didn't spend much time with them. Thus they were in a sense, "Football Widows."

LA's Finest was comprised of members from all four classes. This club donated a Christmas tree that stood

Lisa Steele, the Junior Prepsters President, is also a member of the Los Al Color Guard.

Junior Prepsters: Front Row-Michelle Snow, Lisa Steele, Carol Patterson, Audra Huber Second Row-Shelly Pilichi, Amy Morley, Kim Sorensen, Kristen Sprague, Kim Garman, Judy Koong, Advisor Jim Van Gorder, Lorna Skaugstad, Denise Millar, Lisa Mulhard, Beth Rattner, Debbie Kanow, Becky Baird, and Lisa Shanaberger

Jill Morley, a member of the Junior Prepsters, jokes around with her friend David Christy.

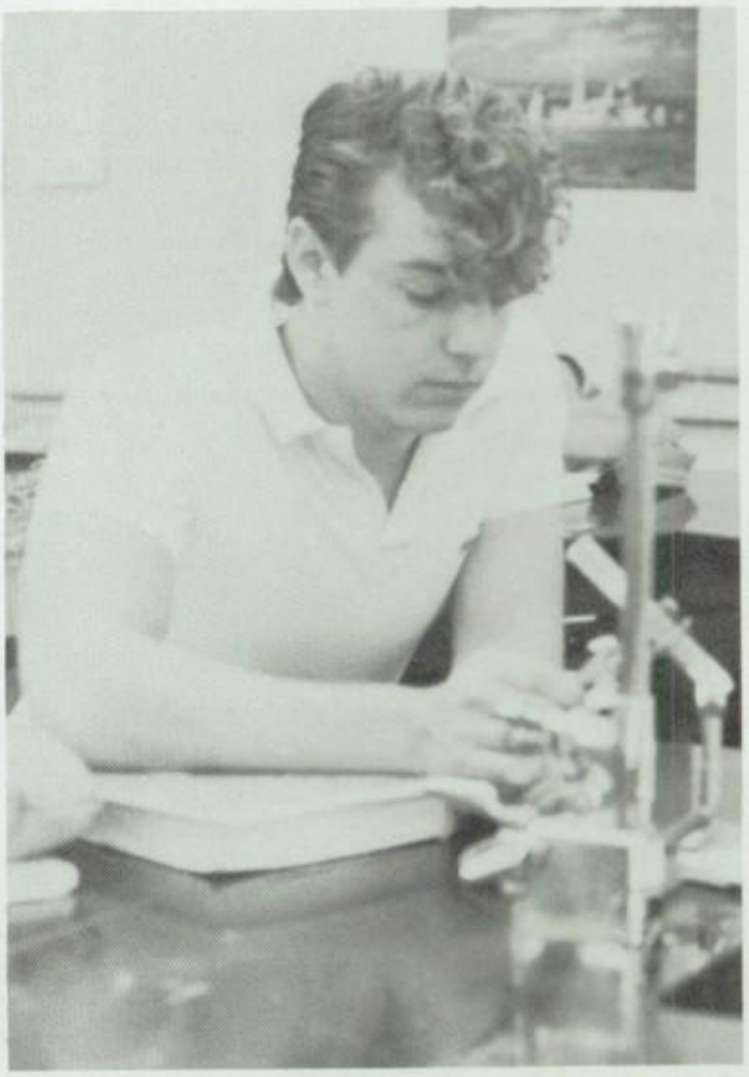
Football Widows: Front Row-Kari Smith Second Row-Charla Null, Michelle Wilskinson, Advisor Jim Van Gorder, April Alvarez, and Lynn Dirmann

in the main office. Advisor Mr. Schroder assisted the girls with fund raisers and bake sales in order to raise money to benefit the club.

The Jumpers were started in September of 1981. This club has continued to promote spirit in the 82-83 year. They were easily recognized on campus because of their usual attire, camoflage jumpsuits. Throughout the year, the Jumpers assisted at various sports events and graduation ceremonies.

Jumpers: Front Row-Gene Sollows, Fred Kergan, Scott Shoults, Greg Roop, Mark Clemons Second Row-Jon Fowler, Paul Seigman, Mike Cimmarrusti, David Weber, Rick Van De Haar, Advisor Phil Doran

L.A.'s Finest: Antonia Barragan, Martha Ortiz, Patti Flores, Rosalie Ortiz, Maurne Rathke, Cheryl Meyer, Kristi Lewis



Greg Roop heats his test tube with the bunsen burner in chemistry, so he will be able to study the chemical's reaction.

Patti Flores reads a card and looks at a present given to her by a friend in her club, L.A's Finest.

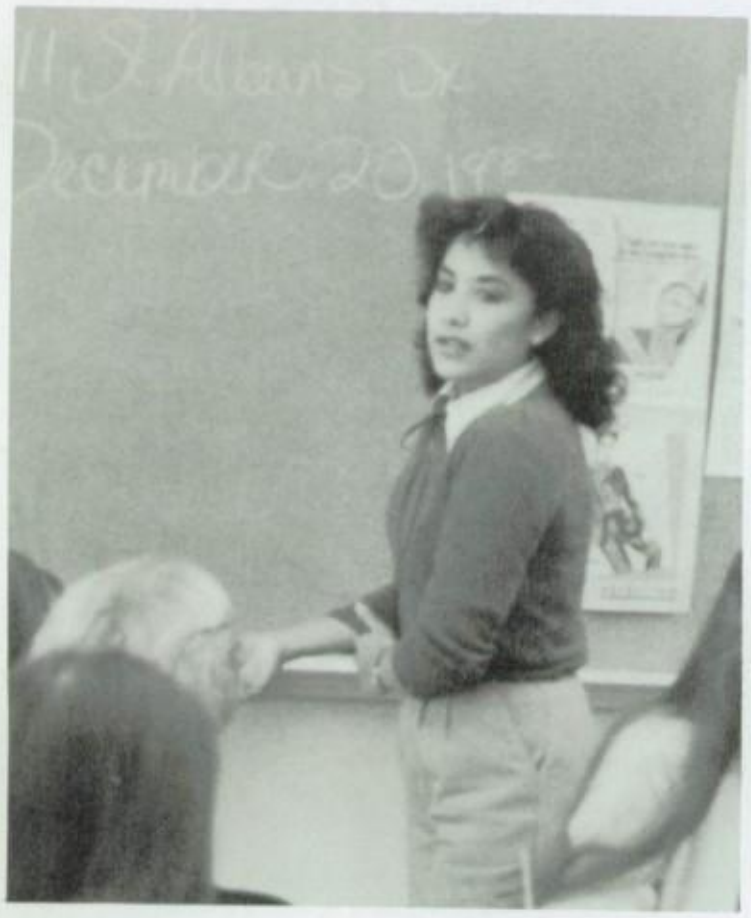
STOOGES, SURVIVORS ROUSE SPIRIT

A small, but spirited group of girls strolled the campus spreading their enthusiasm of our football team. These lively characters went by the names of Larry, Moe, and Curly, or The Three Stooges. The Stooges, three seniors, attended football games and other school functions cheering our teams on.

The Senior Survivors was a club of eight senior girls whose purpose was to promote school spirit and better the school and community. These energetic girls were major contenders for the spirit stick awarded to the most spirited T-shirt club at each football game. They participated in many school and community activities such as spirit week, the canned food drive, and the senior class planning committee. They also contributed donations to Casa de Bien Venidos through their participation in a Los Al car wash.

Sandra Williams, a member of the Three Stooges, looks a little on the weary side after giving blood.

Stooges: Sandra Williams, Rochelle Simich, Advisor Merrilee Desatoff, Constance Vames



Maria Gonzales explains the finer points of being in the Senior Survivors Club to a few new members at a lunch time meeting.

Senior Survivors: **First Row**- Kathi Lattanzio, Alison Teaford **Second Row**- Lisa Cohen, Mary Ellen Bruno **Third Row**-Rachael Lefley, Carolyn Gough, Advisor Ed Isaacs, Janna Frobese, Maria Gonzales

T-shirt clubs are familiar around campus but few have as many active girls as the Senior Scenes. The Senior Scenes are involved with Drill Team, Cheer, Song as well as yearbook. Also, the City Night LA Seniors is a group of girls who promote school spirit and enjoy friendships with others. **Ulrike Warnbring** was welcomed into the club, though she is from Sweden and unfamiliar with school activities.

City Night Seniors: Front Row- Advisor Patti Long, Kelly Golden, Kaye Forte, Debbi Burgman, Jane Chen, **Second Row-**Monique Porras, Ulrike Warnbring, Gina Meyer, Sylvia Roa, Staci Scott, Cheryl Meyer

Lunch provides a meeting place for friends **Alison Miller, Roz Roehm, Peggy Beckett** and **Gina Meyer**. Their conversation is always interesting.

Senior S.C.E.N.E.S. II: Front Row- Junior mascot Wendy Williamson, Melinda Zommick, Nimfa Naffarrete, Laura Barnes, Sharon Levey, Peggy Beckett, Janene Eubanks **Second Row-**Alison Miller, Sandy McClaren, Lisa Orr, Orsa Spyers, Gina Meyer, Roz Roehm

Sisters **Gina** and **Cheryl Meyer** helped with the season spirit while decorating the Christmas tree with **Rosalie Ortiz, Patty Flores, Martha Ortiz, Maurne Rathky**, in the main office.

Active in yearbook, **Melinda Zommick** helps to provide the school with new and interesting ideas concerning clubs and seniors.

ACTIVE CLUBS ELEVATE SCHOOL SPIRIT

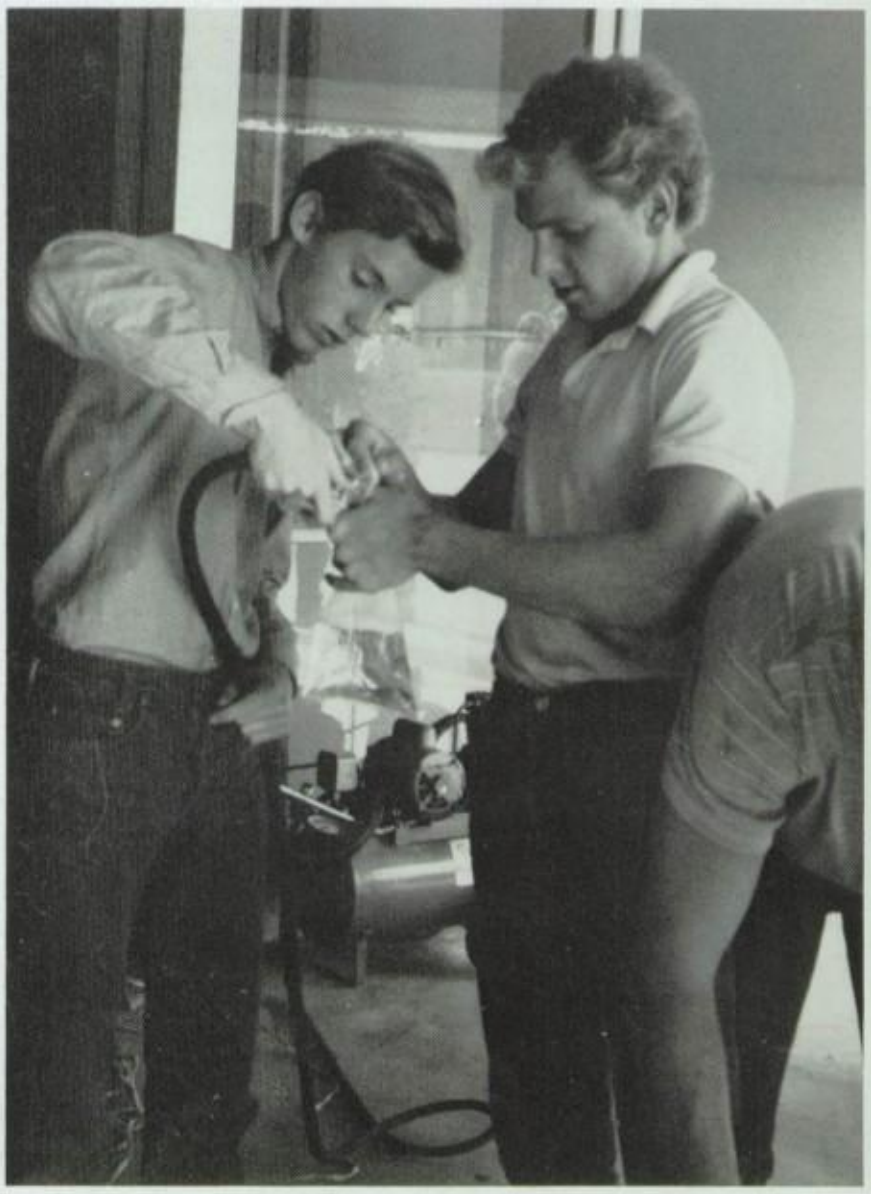
Club B.E.R.T.H.A. with its unique and unusual style brightens Los Al's campus. Club B.E.R.T.H.A. members can be found together almost anytime of the week and often spend weekends together.

A dedicated service group, they visited a convalescent home and are thinking of adopting an eldery to become "Grandma Bertha"

Besides being a dedicated community group, Club B.E.R.T.H.A. members also are dedicated to Los Al and proved that dedication by cleaning up the Los Al campus and parking lot.

The CFA was formed with the intent to have fun. In order to show their overabundance of school spirit, the regularly attended many of Los Al's athletic events. The group was easily distinguished by their constant wearing of flourescent shoelaces and their unique Foreign Legion hats. The CFA was recognized throughout the campus as premier attention-getters. They would like to thank their advisor, water-polo and swimming coach, Dennis Ploessel, for accepting the blame for their antics.

Club Bertha: Front Row- Dave Metzger, Kimmie Dally, Rick West, Geannie Wiggins, Darren Rogers **Second Row**- Ken Roberts, Scott Homirighausen, Bubba Cambell, Jeff Hedgecock, Jim Nichols, John McIntyer, Curt Richardson, Monte Larson, Mrs. Gerber



Two dedicated members of the C.F.A., **Mike Egan and Derek Hobbs** prepare bags of fish to be distributed during the Fish-O-Gram sale.

C.F.A.: Front Row- Scott Fernbach, Phil Wyels, Sean Wiggins, Jack Perisho, Bill Patterson, Tom Dehardt **Second Row**Adam Gregory, Louie Arambula, A. J. Summers, Coach Ploessel, Derek Hobbs, Scott Thomason.

PEP SQUAD ADDS NEW MEMBERS

The Varsity Cheerleaders work hard and spend many hours practicing their routines. This friendly and energetic pep squad contributes much enthusiasm and interest in the many events that take place.

During the summer they trained at a special cheerleading camp where they learned several new techniques.

At many of the pep assemblies and games, they joined the yell leaders, songleaders, and junior varsity cheerleaders in doing difficult and occasionally dangerous routines.

With their outstanding performances, the Varsity Cheerleaders kept our spirit going throughout the year.

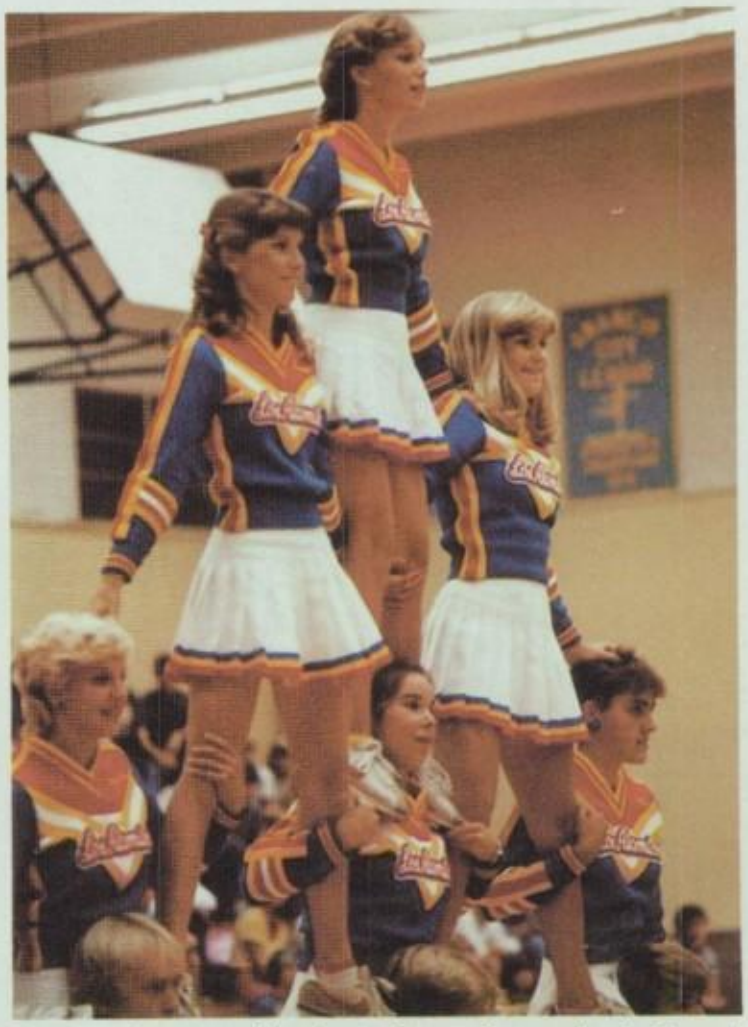
Throughout the year they competed in festivals and competitions, around the United States, doing their award winning routines.

Peggy Beckett

Angie Conley

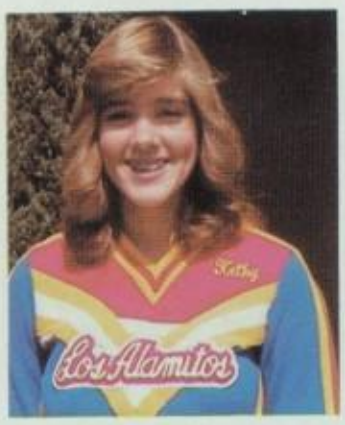
Jana Crum

Lisa Lander

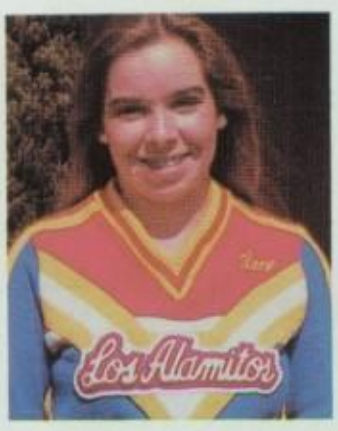


During the assembly **Jana Crum**, **Peggy Beckett**, and **Tiffany Lienau** tower on top of the pyramid. Pyramid building is a trademark of our pep squads.

Tiffany Lienau



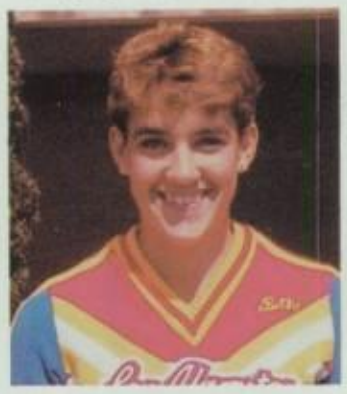
Kathy Long



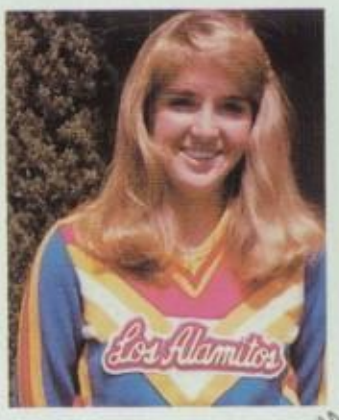
Lucy Napoles

Much energy and effort is spent in the many committments the Varsity Cheer Squad has. Whether cheering at games or attending class, they show their pride and spirit. During the year they compete in competitions nation wide. All eleven members are very enthusiastic and willing to work hard.

Connie Nixon



Beth Schultz



Kathleen Self

Laura Upham

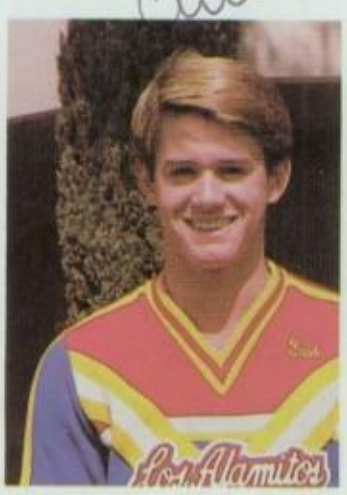
FRIENDS MADE THROUGH SONG AND YELL

Consisting of five men, the Varsity Yell squad participated in many cheerleading competitions, including regional events at both U.S.C. and in San Diego. While at a cheerleading camp in Santa Barbara, the spirited yell squad won the Unity Award, a test of togetherness for the squad. Commenting on the award, **Scott Shoults** remarked, "We needed to do our best and our best is what we did." The Varsity Yell squad is also a major key in school spirit, at the pep assemblies.

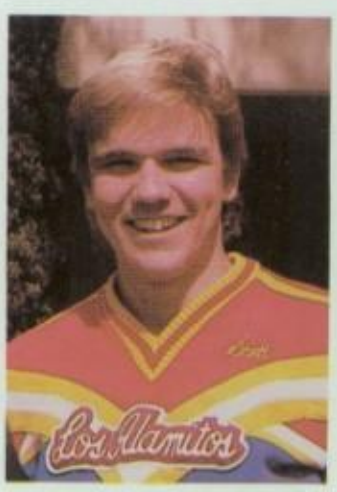
Another energetic spirit group is the songleaders. "Hard work, many hours of practice, and more hard work," is how **Roz Roehm** explains the success of the songleaders. Many fifth periods and afterschool hours are spent perfecting their routines. Perfection is the goal of the songleaders and they always give one hundred percent. The squad consists of seven girls. They perform at many school functions and play an influential role in school spirit.

David Appling

Mark Clemons

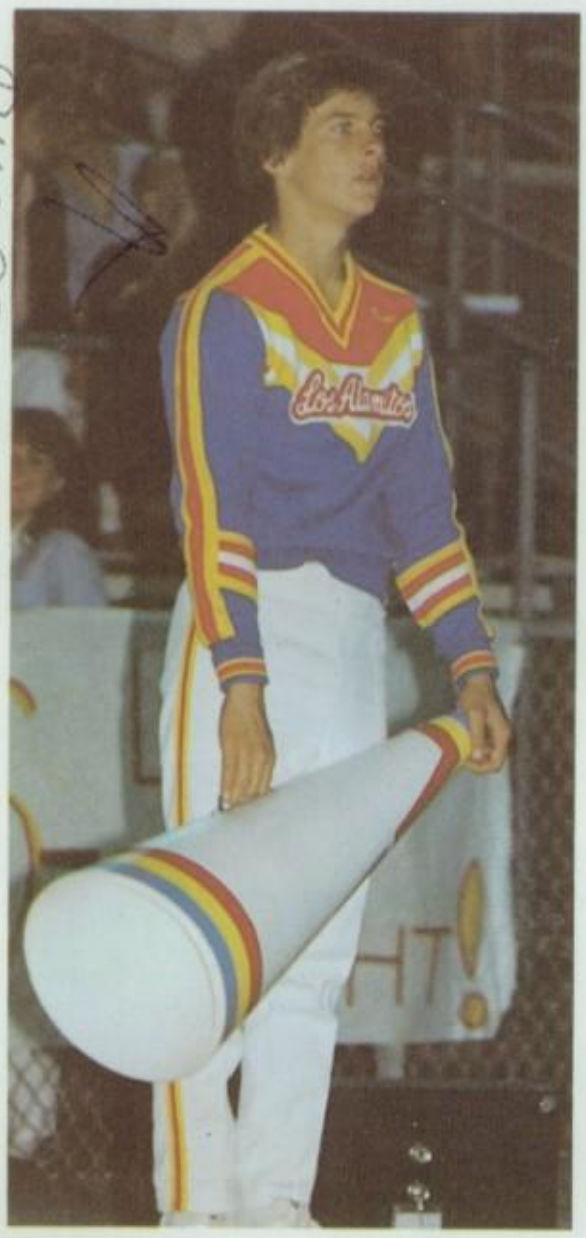


Fred Kergan



Scott Shoults

Gene Sollows



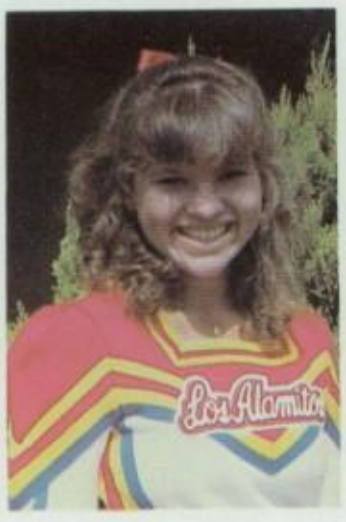
David Appling, acting as spirit leader, leads the Griffin fans in a cheer at the Homecoming game.

The Varsity Yell Squad is a group of five men who perform at almost all school functions.

Roz Roehm is ready to cheer the Griffin team on to victory during the Homecoming game. Although we lost the game 10-6, Roz never lost her spirit.

The songleaders dazzle the 9th graders on Orientation Day with their version of "Back to School," a song from the movie Grease II.

Michelle Archer



Stacia Bodeman

Janene Eubanks

Nimfa Nafarrete

Roz Roehm

The Varsity Songleaders are a group of seven women. They perform dance routines to the music of recent hit songs.

Nonnie Skeele

Kristi Tyler

JV/FROSH, MASCOTS EXHIBIT FRIENDSHIP

One of the larger cheer squads this year is the Junior Varsity Cheer. These thirteen students are very active at games and during competitions. They show us what being a member of this squad means by the way they perform on campus and during games. They participate in many competitions and do their best in representing our school.

Another group of active students are the Freshman Cheer Squad. "Cheerleading is a great way to get involved with your school", explains Cathy Siler. They may be the youngest squad but they are no less important in representing our school.

Robin Johnson and **Anne Runolfsson** are two of our most energetic students. As Gunther and Gertrude Griffin, they entertain us at games, assemblies, and other occassions which would not be complete without them. All of these people help make Los Al a friendly and exciting school.

Luis Arambula

Ruth Busenkell

Tracey Cohen

Tony Foster

Cynthia Glidewell

Corrine Grubb

Susan Jenkins

Stacy Krammer

Kim McAfee

Lauren Omohundro

Stacy Pollard

Robin Recendez

Guy Woodson

Many hours of practice are put in by the Junior Varsity Cheer Squad. They work hard at doing their best to represent our school during games, assemblies and general, everyday activities. Without them much of our spirit would be lost.

Their vibrant costume is the head of the eagle and the body of the lion, otherwise known as the Griffin. The mascots are a symbol of invincibility.

Gunther and Gertrude Griffin

Robin Johnson and Anne Runolfsson

Mike Asher

Jody Crum

Traci Gibson

Donna Hardin

Missy Munsterman

Cathy Poe

Robin Johnson

Anne Runolfsson

Suzann Pray

Cathy Siler

Michelle Stoll

Robert Walker

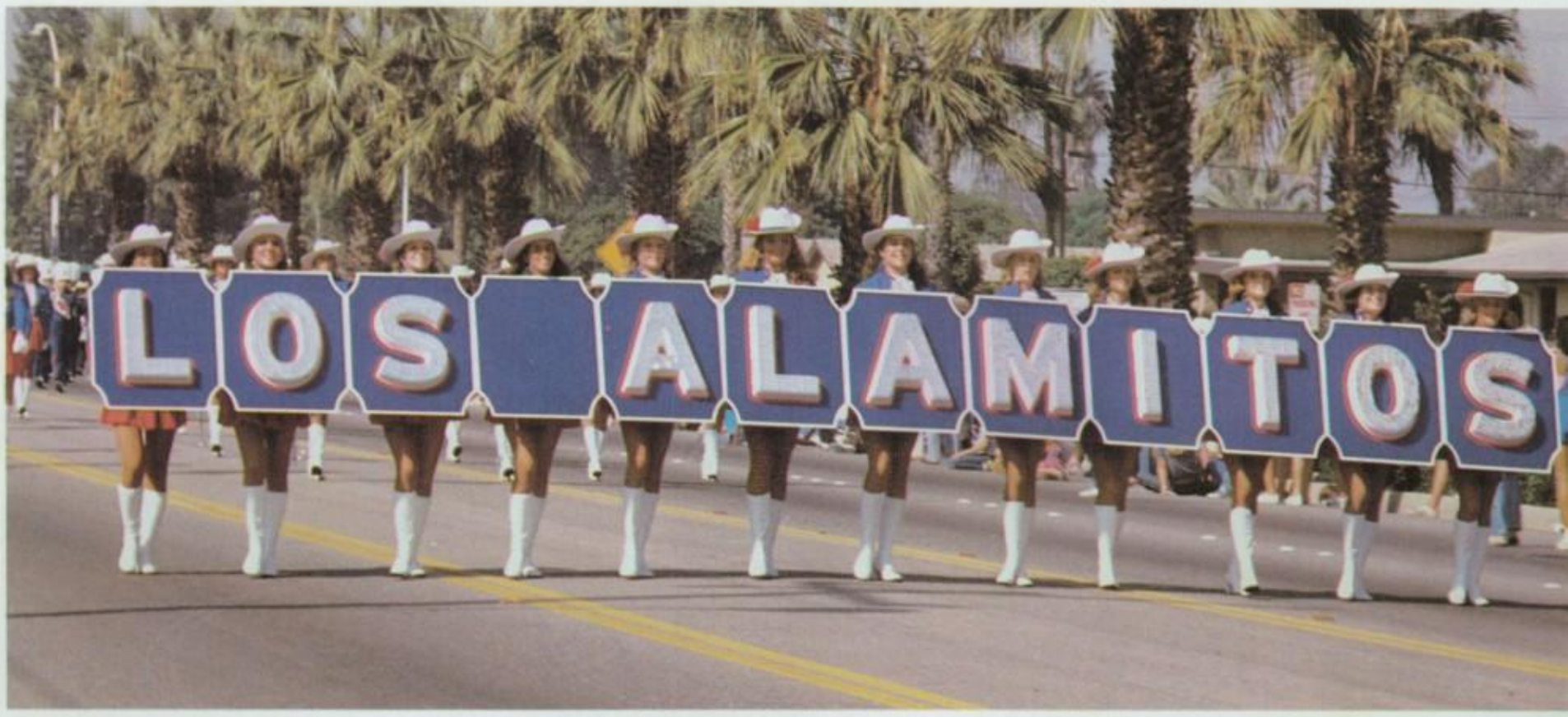
The Freshmen Cheer Squad attended freshman athletic events to help encourage our team.

FRIENDSHIPS SHOW COLOR GUARD PRIDE

Tall Flags and Rifles worked toward goals under the direction of **Erin Linskey** and **Kim McVicker**. The Tall Flags perform in field shows and parades with excellence and pride that shines through. The Rifle Squad grew to twelve dedicated and talented girl. They were led by Captain Suzie Wuesthoff who taught and drilled the squad until each move is precise. Two flags, **Kim McVicker** and **Erin Linskey** were asked along with Rifle Suzie Wuesthoff, to tour Japan to perform various routines. They toured many cities performing with many other girls from the United States. Many of the girls will be going to Europe this summer, along with Drill Team and Band. To help raise funds, the team held paper drives, pancake breakfasts, fashion boutiques, candy sales, and even sponsored a dance to insure most of the girls on the squad a chance to go.

Leaders **Erin Linskey, Kim McVicker** and **Suzie Wuesthoff** stand at attention as they present the American flag for the Pledge of Allegiance.

Awaiting the next song, returning members **Karen Vogal, Cindy Siler** and **Liz Welzen** have a moment to relax and enjoy the parade before reaching the judges' stand.



The Los Alamitos banner is important and impressive. Twelve girls carry and preform movements to the music as the Olympian Marching Band moves along the parade route. The Silverado Days Parade was a great success for the color guard. They received first place in competition with many schools.

Tall Flags and Rifle Team: Front Row- Michelle Dingillo, Ann Pincek, Melinda Zommick, Lisa Orr, Kim McVicker, Suzie Wuesthoff, Erin Linskey, Lisa Edmunds, Kristin Johnson, April Bole, Nance Stratton **Second Row-** Vicki Myers, Liz Welzen, Robin Lansford, Rosemary Liu, Tammy Wuesthoff, Susan Groff, Trice Barto, Michelle Rodefeld, Mary Kate Hagmann **Third Row-** Kristen Sprague, Kathy Pound, Karen Vogel, Betsy Youn, Kelley Roth, Alisa Parks, Denise Millar, Kim Smith, Andrea Barrows, Cindi Siler **Fourth Row-** Lisa Wellington, Verna Wright, Michelle Snow, Lisa Steele, Stephanie Smith, Staci Gill, Suzy Oppenlander, Cindi Powers, April Leapley, Shannon Montierth

Marching into the gym, Tall Flags **Kristen Sprague, Robin Lansford** and **Michelle Snow** concentrate intently on the routine they perform during the Homecoming Pep Assembly.

Kim Smith enjoys a good laugh seeing her friends on the Rifle Squad perform some new moves. All fun and games are put aside when practice begins.

BAND MUSIC BRINGS FRIENDS TOGETHER

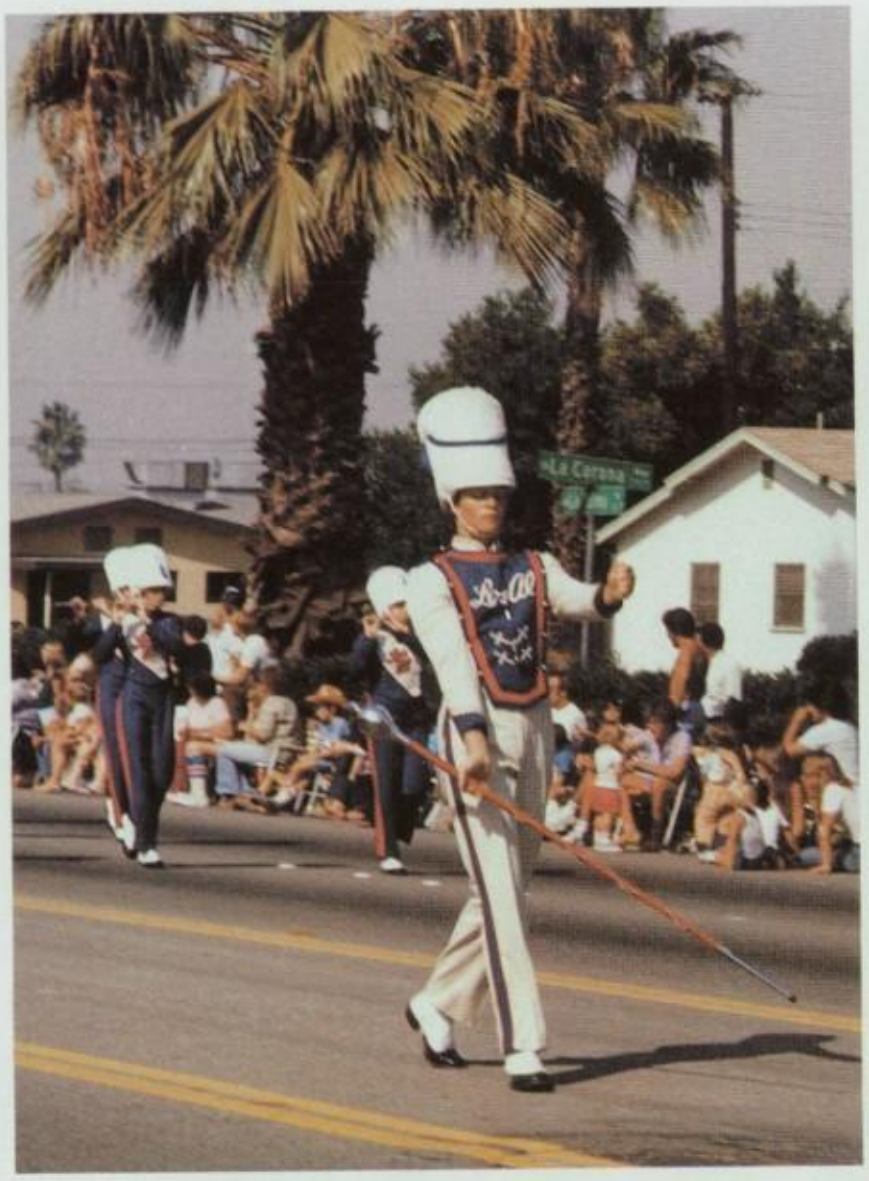
Los Alamitos has been known over the years to have outstanding bands. 1982-83 was no exception. Under the direction of Mr. Tom Hrbacek the band excelled in their field shows and parade. They received high ratings with many superior trophies. Audiences enjoyed the larger percussion section that gave our half time show one more added attraction.

Band, color guard and drill team all worked together this year to earn money for the trip to England and Scotland. "Project Scotland" took a considerable amount of planning and time to prepare. This project could not be possible without the help of the parents in the community. Many of the band members are excited and looking forward to this experience. After hard practices band members will enjoy spending time together and making new friends. These students have spent many hours learning and perfecting the complicated routines that make their show outstanding.

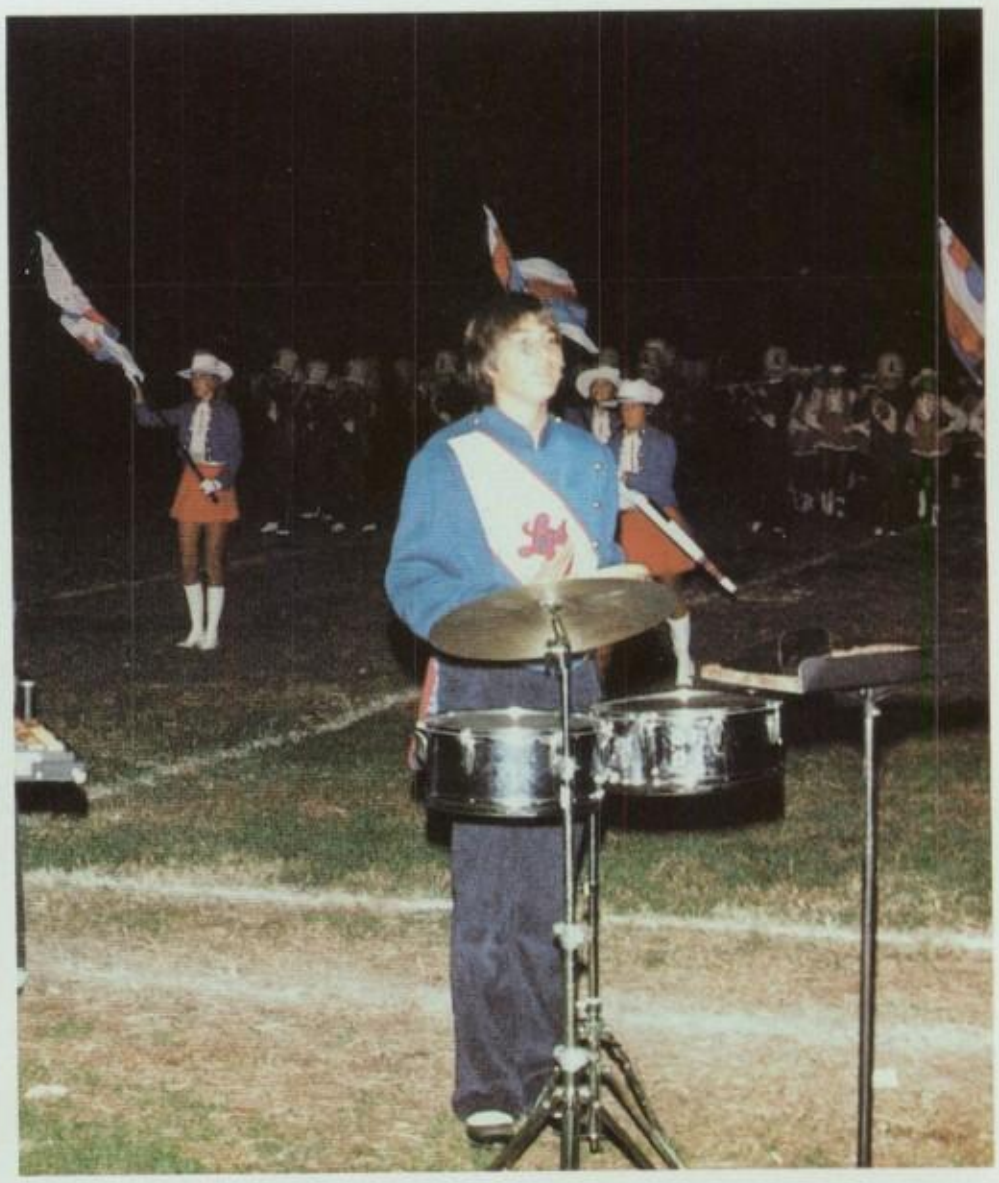
Football season wouldn't be the same without our dedicated band members who devote a great amount of time in producing a spectacular half-time show. Drum major, **Paul Seigman**, also devotes time and talent in making the field show a success for the school as well as the community.

Barbara Habenicht not only supports the band's various activities, but also participates in Beach Day to show her school spirit.

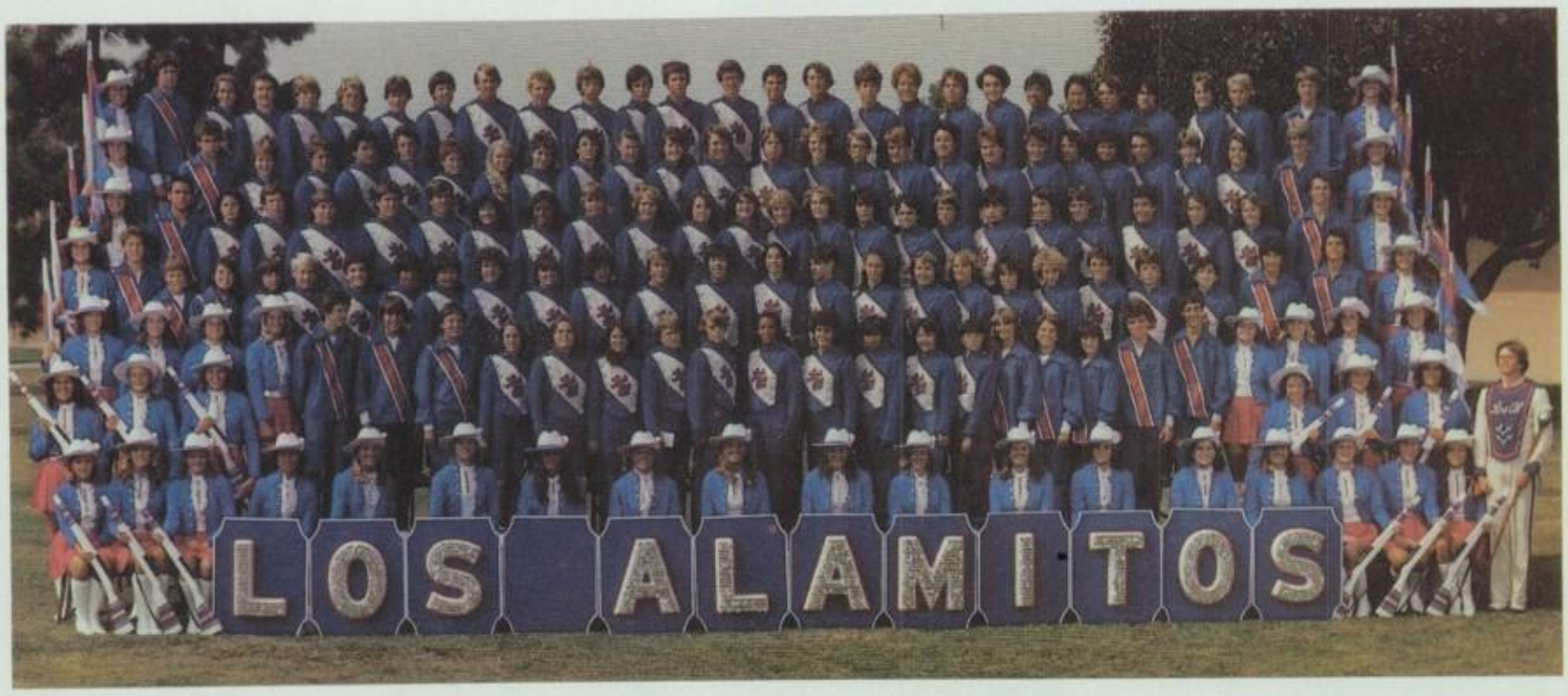
Band members, **Lisa Trachtmen** and **Wendy Regnier**, join in the cheer by raising the traditional "L's". In the stands, many play their instruments to help promote the games and enjoyment.



Being a drum major puts plenty of responsibility on **Paul Seigmund**. He leads the Olympian Marching Band by making sure everyone is in step.



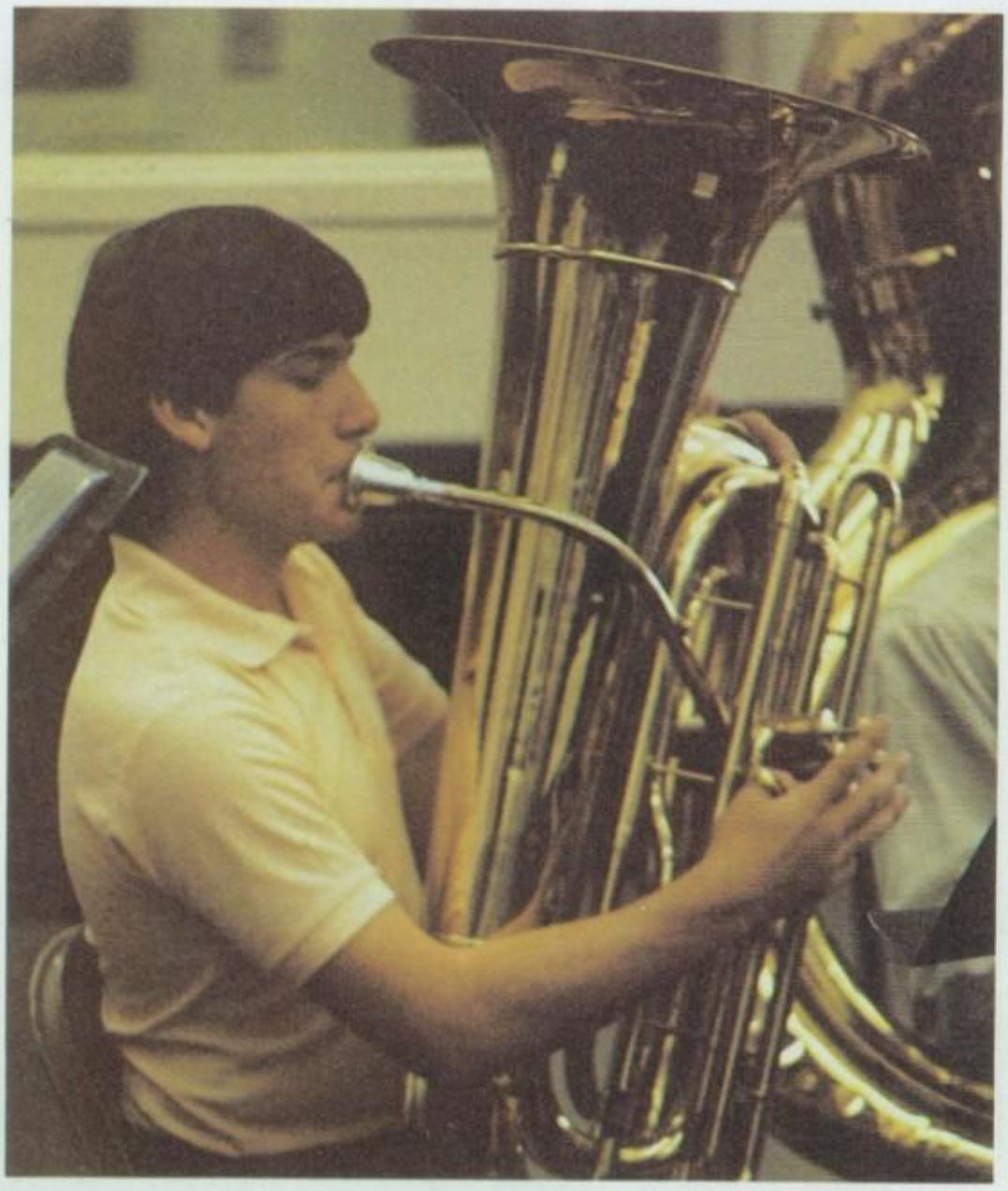
Adding a touch of excitement to the band's routine, **Robin Johnson** and **Shanna Hemmings** enthusiastically keep the rhythm on their xylophones, during halftime ceremonies at the football game.



Olympian Marching Band: Front Row-Michelle Dingillo, Kim Smith, Mary Kate Hagmann, Rosemary Liu, Kathy Pound, Karen Vogel, Lisa Wellington, April Leapley, Staci Gill, Lisa Steele, Michelle Snow, Denise Millar, Shannon Montierth, Melinda Zommick, Robin Lansford, April Bole, Susan Groff, Vicki Myers, Paul Seigman, **Second Row**-Ann Pincek, Tammy Wusethoff, Nancy Stratton, Andrea Barrows, Suzie Wuesthoff, Alisa Parks, **Third Row**-Kristen Sprague, Trice Barto, Kristin Johnson, Kim McVicker, Richard Powers, Greg Carson, Lynn Kichline, Shareen Scott, Marisa Macris, Lisa Rose, Kevin Bishop, Phil Barnes, Sonia Thomas, Barbara Caruso, Evan Kunst, Yoko Takebe, Brad Seligman, Lorna Skaugstad, Sharron Fitzgerald, Dave Lamb, Greg Fife, Dave Pincek, Liz Welzen, Erin Linskey, Michelle Rodefeld, Cindi Siler, **Fourth Row**-Suzy Oppenlander, John Simundza, Jim Reich, Shanna Hemmings, Karen Wilhelm, Kent Ramsevery, Jeff Cimbalo, Bobby Yee, Nancy Wang, Wendy Regnier, Lisa Tracht, Jennifer Phillips, Mike Allen, Kenny Hayashida, Darlene Hawks, William Lussier, Wendy Schwantes, Sheri Goodman, Karen Bishop, Meg Gary, Greg Morris, Tim DeYoung, Benoit Stryckman, Erin Anderson, Deron Johnson, Greg Spooner, Lisa Edmunds, **Fifth Row**-Kelley Roth, Mark Trombino, Corina VanLeer, Robert Gossman, Chris Kefalas, Jim Burns, Mitch Ottenstoer, Laurie Hamada, Janice Robia, Jeff Martin, Jennifer Baker, Cathy Raighn, Cathy Jenner, Sandy Pendleton, Kristi Schmitt, Jennifer Walquist, Wendy Radi, Jeff Hubert, William Todd, Jeff Beaudoin, Dave Carlin, Chris Vesper, Meri Malohn, Linda Palmer, Pat Woodward, Betsy Young, **Sixth Row**-Lisa Orr, Chris Pollard, Terry Amero, Keith Lifshin, Stuart Nakayama, Jerry Cochran, Cindy McNamara, Melissa Bolling, Barbara Habenicht, Russ Roe, Heather Frewin, Nancy Jenner, John Hrbacek, Tim Beck, Lori Schmitt, Mike Moore, Carmelo DiSalvo, Chris Myers, Todd Senn, Doug Steele, Steve Mason, Arlene Bruno, Ken Stockwell, Sue Jacobson, Karen Westbrook, Pat McDaniel, Verna Wright, **Seventh Row**-Cindy Powers, Chris Brady, Angelia Bolling, Keith Knittle, Chuck Herbert, Mike Fogarty, Jeff Brown, Trey Sandusky, Kevin McDaniel, Mike Knittle, Jeff Rudrude, Mike Flanagan, Duane Kolb, Dave Clissold, Ron Menard, John Jost, Scott Miller, Drew Wells, M. Robin Johnson, Dave Levy, Norman Davison, Tom Kim, Matt Winford, Sean Daniels, Debbie Hrbacek, Tim Hamdorf, Mike Kuehn, Stephanie Smith, **Not Pictured**-Karen Garver, Pam Estabrook, Steve Roberts, Kim Garman, and Traci Miller.

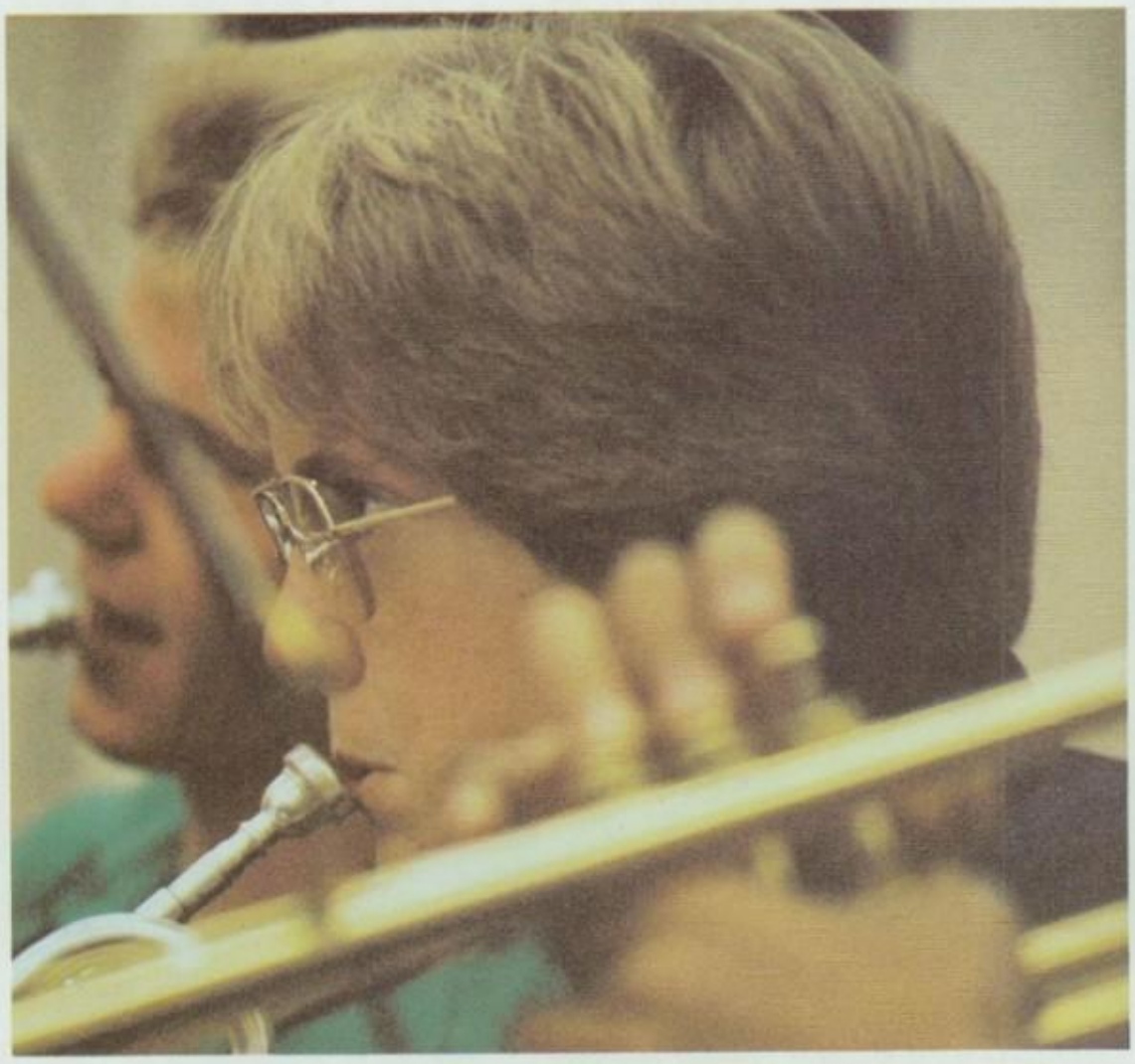
OLYMPIAN PRIDE BUILDS SPIRIT

The banner girls patiently await the beginning of the parade. Because they work closely all year, they have become friends while learning to stay in step.



"Practice makes perfect" and **Mike Jones** does just that. Considerable amount of time and effort is needed to make our band the best possible.

David Levy carefully handles the banners in order to keep them in good condition. These boxes of banners are stacked to enable their safety while traveling.



Mike Fogerty eagerly waits for the right moment to join in as the band rehearses before a pep assembly. The band plays an influential role in assemblies and raises plenty of school spirit.

Showing off their school spirit, **Melisa Bolling** and friends give their sign of "Number One" to the team.

The Silverado Day Parade proved to be a great success for the Color Guard. Striding past the judges' stand, their precision shines through.

Playing in the band sometimes has its relaxing moments. Taking time out in between songs, **Karen Willhem**, **Sandy Pendleton** and **Karen Jarver** sit and socialize before halftime begins.

NEW FRIENDS PERFORM IN THE SPOTLIGHT

1983 proved to be the year of Omega sparkle. Audiences were astonished as the Omegas performed intricate routines in their new field uniforms. Many new friendships were established as the drill team grew to a squad of fourty-eight talented and dedicated ladies. Under the dancing expertise of Joanne Pridomirski and her assistant, Christy Wood, the Omegas had a very successful parade and competition season.

At USA camp, the omegas brought home many honors. They were awarded the Spirit Stick and a superior rating of their competition routine. At the Silverado Days Parade, the drill team captivated the crowd with an exciting performance which was awarded high ratings. Competitions were also held at the Chino Band Review, Western, Los Altos, and Savanna High Schools. The drill team is accompanying the color guard and marching band to England and Scotland. "Project Scotland" promises to be an exciting adventure for all involved.

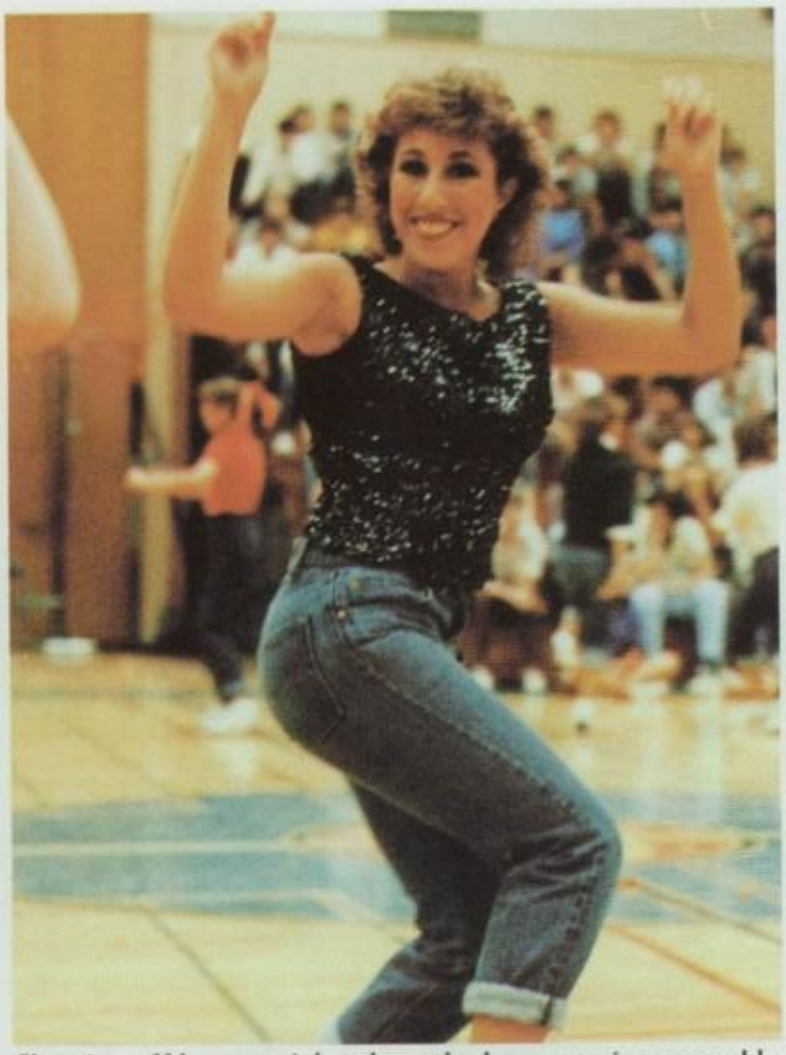
Drill Team Choreographer
Joanne Pridomirski

Drill Team Managers Stacy Nordstrom, Diana May, Keryn Maestas

Drill Team members Dana Siegal, Jill Calason, Brooke Burtsell, Maren Kussler, Heidi Werner, Orsa Spyrs, Tracy Luick, and Laura Reeves show their spirit at the homecoming football game.

Advisor
Mrs. Pam Steeby

Dazzling the judges with their new uniforms and smiling faces, the Omega Drill Team won third place at the Silverado Days Parade. With a squad of fourty-eight girls, the Omega sparkle shines with both pride and dignity.



Showing off her special style at the homecoming assembly, Co-Captain Pam Parker performs to the rock-a-billy sounds of "Straycat Strut."

Following a performance at the homecoming game, Drill Team Captain Alison Miller and Co-Captain Kerry McFall watch their "Secret Omegas" perform on the field.

Omega Drill Team: Front Row- Kerry McFall, Alison Miller, Pam Parker **Second Row-** Angela Eaton, Lori Kidd, Heidi Werner, Beth Goodman, Lisa Peterson, Suzanne Hoffman, Orsa Spyrs, Rachel Lefley, Naomi Nafarrette, Marlo Assad **Third Row-** Marianna Eaton, Kathy Jones, Wendy Williamsom, Denise Troutman, Carolee Sheets, Kathi Pearson, Kristi Sullivan, Tracy Luick, Lisa Kaplan, Lisa Harris, Maven Kussler, Diane Erickson **Fourth Row-** Brooke Burtsell, Dana Siegal, Lynn Cipollone, Wendy Orr, Linda MacCready, Kristin Kelder, Lisa Shanaberger, Audra Huber, Christy Howe, Rene Marriott, Darlyn Sisemore, Jill Callison **Fifth Row-** Kelli Hawkins, Laura Reeves, Michelle Sayers, Debbie Sittler, Christine Dennis, Jennifer Cauthlin, Jennifer Condon, Jennifer Meadows, Tracy Clark, Kim Petullo, Cathy Crockett, Dana Wadleigh

FRIENDSHIP IS FOUND IN 82-83 CHOIR

It was a year of action for our two performing choirs: Chamber Choir and Swing Choir. Under the direction of **Miss Celeste May**, the two groups performed in several seasonal concerts starting off with the **Magical Musical Tour** in fall right through the holiday and spring concerts. They were performed on our own stage and proved to be extremely popular events. Our acclaimed chamber choir also performed at a number of spring festivals, and carried Los Al's reputation for excellence throughout this area.

The groups did more than just sing. They also held several fundraisers, including a car wash, a candy sale, and a stuffed animal sale. In addition, several hours of practice were required for the groups to keep in tune. This hard work and dedication seems to have really paid off, as the groups proved that Los Al's music department is one based on excellence.

A car wash can be a fun as well as constructive activity. **Les Westbrook, Holly McClaskey, Cathy Crawford,** and **Richard Larsen** all seem to be enjoying themselves.

Sophomore **Deanna Benstead** is backed up by **Joy Fernbach** and **Kathy Glaudini** in a spirited rendition of "Love's Been a Little Bit Hard On Me."

This slice of Middle America was provided by our Swing Choir and was just one stop in the fall concert's **Magical Musical Tour** performed in our gym.

With a background of the American flag, the Chamber Choir and Swing Choir join together in order to perform a medley of three American songs.

Chamber Choir: Front Row- Kim Schlabowske, Karen Dingle, Kris Daniel, Stacey Blickensderfer, Laura Abbate, Laurie Johnson **Second Row-** Denise Millar, Janet Lee, Lorna Skaugstag, Debbie Riedburger, Michele Wilkinson, April Leapley, Joy Ferbback, Kathy Glaudini, Deanna Benstead **Third Row-** Darren Glaudini, Scott Belle, Teddy Rozolis, Russ Carpenter, Andy Magnet, Steve Stolk, Les Westbrook, Chip Dellisanti. **Not Pictured-** Katie Habenicht, Rachel Lefley, Suzanne Bragg, Trice Barto, Kathy Pound, Denise Blankenship, Kim Kondra, Jenny Walquist, Stacey Gill, Susan Jacobson, Richard Larsen, Tracy Miller, Nathan Vanleer

Swing Choir: Front Row- Angela Eaton, Holly McClaskey, Kathryn Sickel, Jeannie Pekelny, Michele Scott **Second Row-** Tammy Young, Angie Rime, Stacey Mardesich, Staci Scott, Ulrika Warbring, July Webb, Heather Lowrey, Debbie Riedburger **Third Row-** Tom Sanders, Les Westbrook, Richard Larsen, Curtis Rilkey, Brian East, Tim Pettigrew, Kenny McNamara **Not Pictured-** Cathy Crawford, Carole Crawford, Ted Spaugy

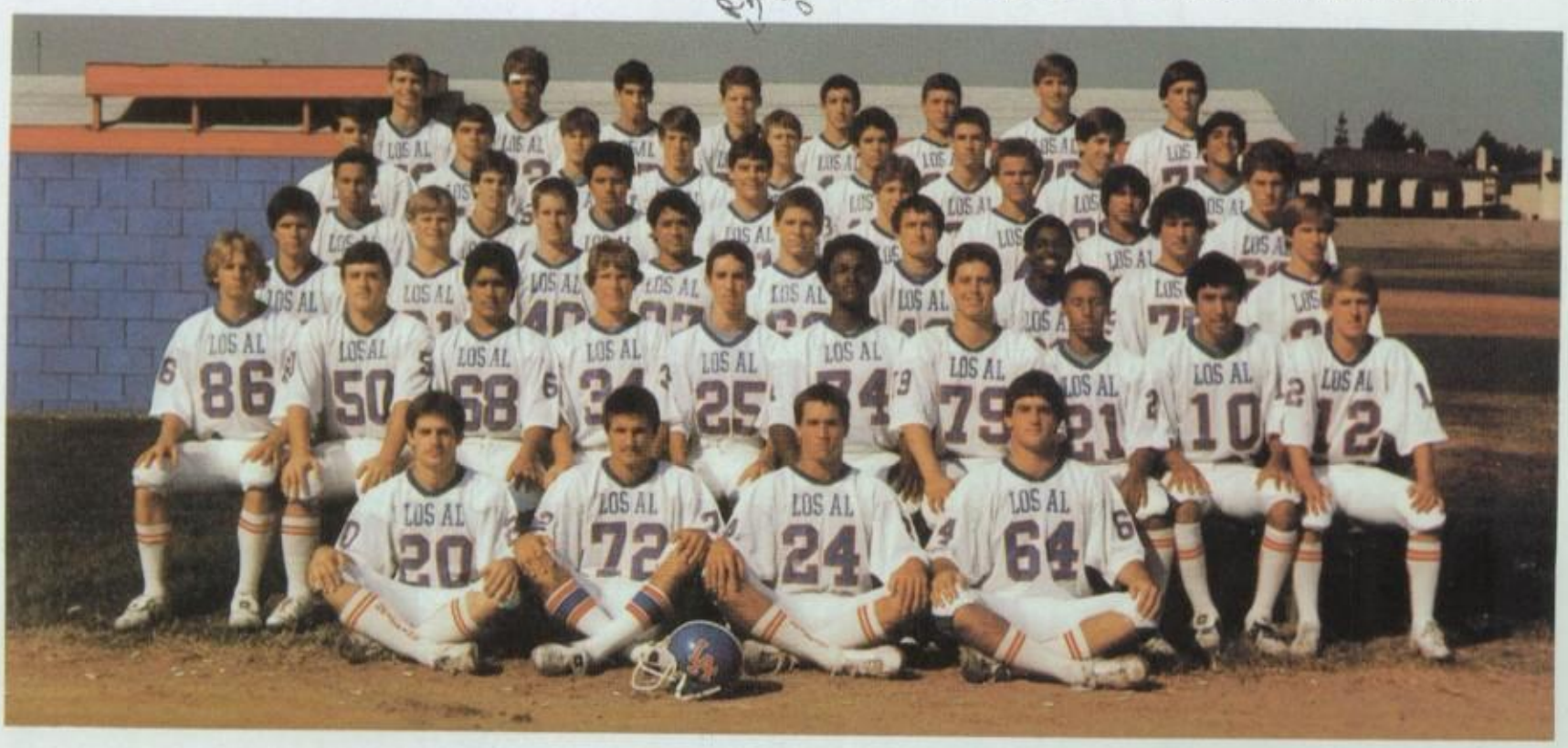
VARSITY FOOTBALL RALLIES TO FIGHT

Football is a true test of character. You play with such intensity, no one can invade your shell of pride. You can not lose, you can not let down! There's a special feeling when you put on that Los Al jersey. A tradition of pride that will never fade. And for all of you Los Al football players of the past, here's something to remember: "WE'RE FROM LOS AL COULDN'T BE PROUDER, IF YOU CAN'T HEAR US WE'LL YELL A LITTLE LOUDER!"

As Dirk Ripplemeyer (30) looks on, Coach Barnes watches the defense play with concern.

The offense, with John Ortiz (90) waits the arrival of the quarterback to call plays for a successful drive.

Coach Barnes gives Grant Shippert a word of advice.



Varsity Football Team: Front Row- Pete Ernandez, Jerry Wilkins, Joe Kimball, Pat Stoll Second Row- Bick Brown, Steve Howard, Jose Puente, Grant Schippeart, Craig Murray, Sherman Keller, Tim Fuentes, Tony Foster, Ed Salas, Chuck DuBourdieu Third Row- Ed Haycox, Mark Bowen, Brett Lansford, Dan Zorilla, Ted Caraisco, Rich Moody, Bill Lewis, Greg Anderson, Russ Wendell Fourth Row- Scott Belle, Dirk Ripplemeyer, Vince Cardiel, Kevin Abel, Don Dequerdo, Bill Whitlock, Jerry Machado, Mike Baker Fifth Row- Chip Dellisanti, Bob Brakke, Bruce DeHoog, Rich Morgan, Jeff Nicks, Jay Jensen, Clay Dussler, Brian Haub, Paul Mansour Sixth Row- David Reinding, Nick Paulos, David Mahrer, Russ Kibbee, Sean Conboy, John Ortiz, Pete Williamson, Robert Gauvain

SKIERS SKI LOCAL

Ski Club is comprised of many veteran and beginning skiers, who get together and take trips to their favorite ski resorts. The club has approximately forty members and is coed, advised by Mr. Brody and Mrs. Tracy. Officers for the Ski Club are President Nonnie Skeele, Vice-President Brad Gold, and Treasurer Randy Paine. This year's theme was Fun and "fun" is what every member had. The club had many outings, including a five day trip during winter vacation to Utah, a couple of weekend trips to Mammoth, and many one day trips to local ski resorts. Ski Club, open to anyone at Los Al, promotes friendship through a popular recreational activity.

Bob Alvarez and **Kelley Mullaney** cuddle up as they try to keep warm in Park City.

Joe Kimball, Eric Morgan, and **Ted Caraisco** wait for the ski slopes to open. During their wait, they get into a snowball fight with other members of the Ski Club.

Steve Randall, Gus Galante, and **Mike Ray** try to avoid getting hit by some snowballs thrown by the other skiers.

Getting ready to go skiing, the Ski Club members get their last minute instructions from their friend and advisor, **Mr. Brody**, before they go skiing on the ski slopes of Snow Bird, Utah.

Excited about going skiing on the slopes, **Kurt Rippelmeyer** unloads his ski equipment and luggage from the bus.

PERFORMERS ENHANCE THE LOS AL STAGE

One of the more exciting clubs that appeared on campus was the Drama Club which was directed by **Mrs. Judy Trujillo**. The club sponsored all major stage productions at Los Al. Members participated in fund raising activities such as M-M's candy and Blow Pop Sucker sales to provide the budget fund for the plays. All club members worked building sets, sewing costumes, and performing in all productions. At the end of the year, the Drama Club sponsored an awards banquet where outstanding performers and technicians were honored. This very successful club is open to any interested member of the student body.

Two other extremely talented groups are the Orchestra and Concert Band. They are both under the direction of **Mr. Tom Hrbacek**. The two groups competed in many festivals and fared very well. Both groups performed at many school activities and were a big key to raising school sporit.

While working very hard to understand their characters and memorize their lines, seniors David Diaz and Kevin Giles and their teacher, Mrs. Trujillo put forth many hours to make The Odd Couple a hit.

Two young aspiring actresses, **Ann Runolfsson** and **Katy Habenicht**, rehearse their lines for the upcoming senior play.

Drama Club: Front Row-Jeff Cimbalo, Nonnie Skeele, Mary Ellen Bruno, Ruth Busenkell, Joy Fernbach, Mike Stea, Paul D'Amour, Missy Sprague, Maria Gonzales, Carolyn Gough, Debbie Namm, Karen Holstein **Second Row**-Malcolm Womack, Guy Woodson, Anne Runolfsson, Laura Hill, Amy McDougall, Shelley Sandusky, Michelle Archer, Tom De Hardt, Grace Wong, Debra Rattner, Jan Mulhardt, Denise Millar, Judy Holtgang **Third Row**-Ann Pincek, Nancy Stratton, Lisa Orr, April Bole, Melinda Zommick, Carla Rosenfeld, Mickey Aurang, Udika Szabo, Thet Win, David Diaz, Alisa Parks, Roberta Hutcheson, Elisa Langsam, Kim Houston, Melissa Bowling **Fourth Row**-John Simundza, Darrin Sarto, Kevin Giles, Robin Johnson, Trey Sandusky, Bill Patterson, Drew Wells, Adam Gregory, Mark Smura, Shawn Shaffer, Andy Magnet, Teddy Rosalez, and David Gompert.

Senior **Bill Patterson** displays one of his many talents at a recent Drama Club meeting.

In hopes of perfection for his next performance, Senior **Ron Menard**, concentrates intensely on the music for his alto-saxaphone.

Surveying his troops at one of their many rehearsels, **Tom Hrbacek** makes sure everything is going to perfection on the advanced bands rendition of "The Jubilee Concert March."

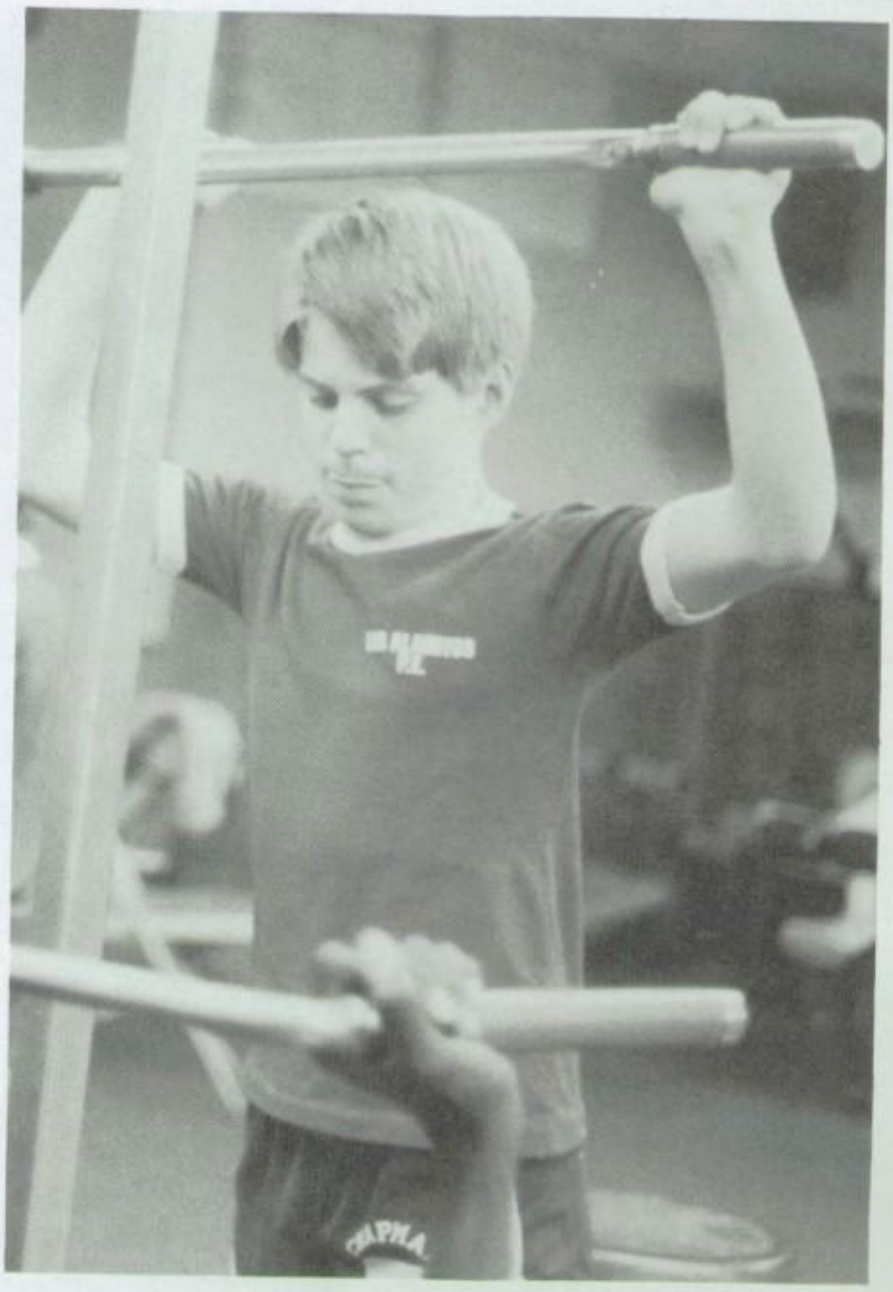
In a difficult passage of the song "Dim Bridge Way," **Karen Bishop** and **Kim Green** perform in perfect harmony. Both Karen and Kim are members of the advanced stage band.

Mike Flanagan, **David Levy**, and **Evan Kunst** practice many long hours after school to perfect their arrangements. Their music helps support many activities at school.

Doug Steele plays close attention to his music as he prepares to play his trumpet.

Aerobic exercising has become a popular past time and the girls take advantage of this opportunity to keep in shape.

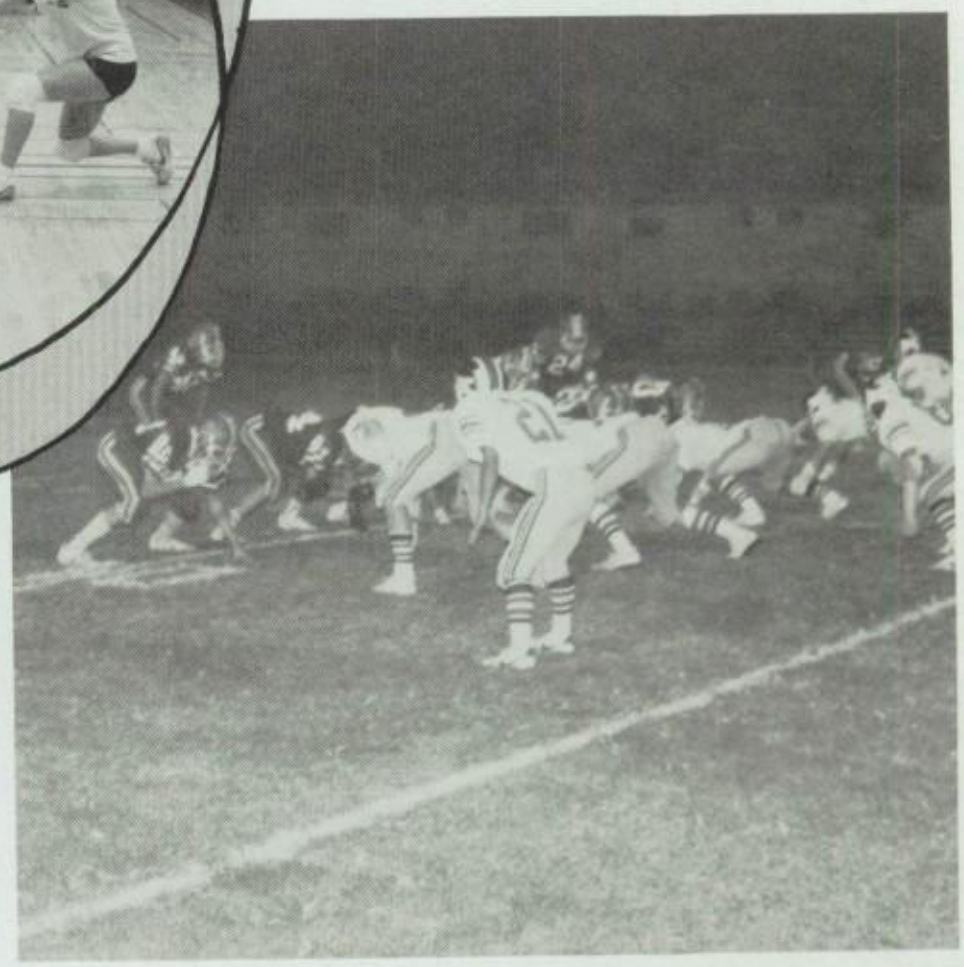
Julie Gilchrist, number 23 on the Girl's Varsity Volleyball Team, tosses the ball into the air and serves one of her power drives during a very strategic game.



A popular atheletic sport in **Tony Deschene's** life is weightlifting. All students have a chance to participate and lift weights in P.E. or in an elective.

Sports

Basketball player, **Tony Chang**, smiles as he looks up at the scoreboard, which reveals another Griffin victory at the end of a long, challenging game.



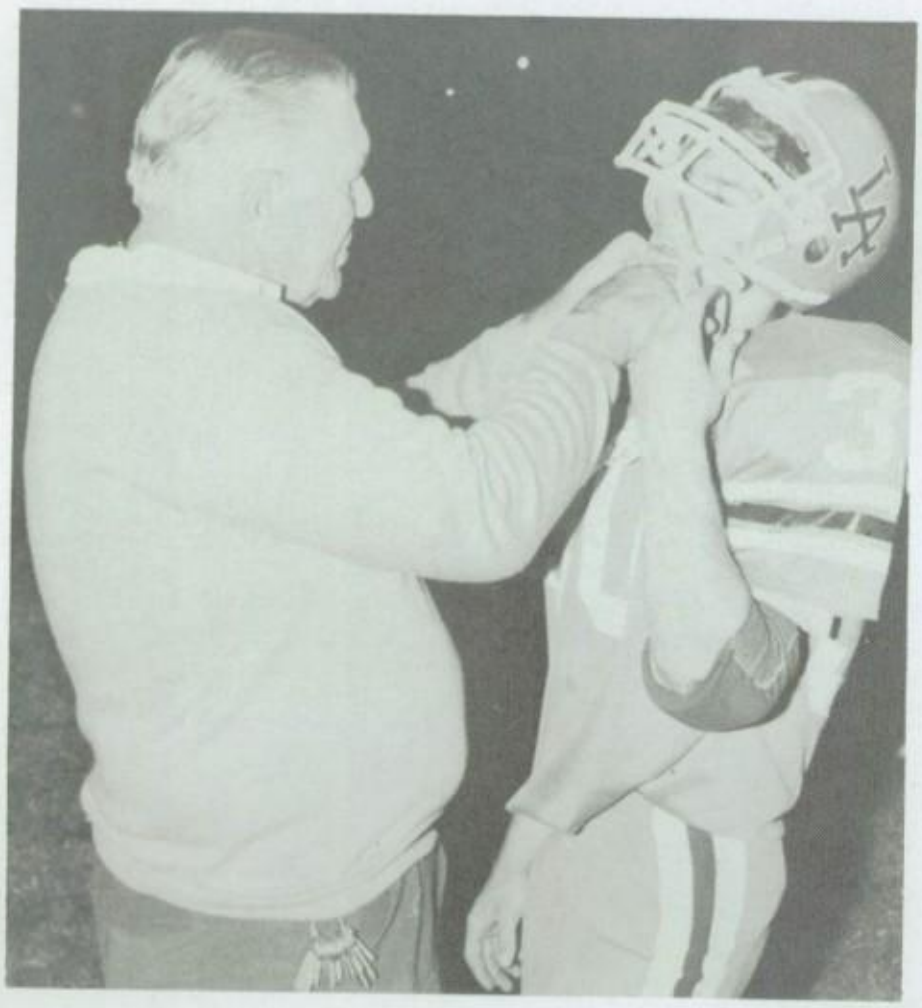
Deep in their own territory, the Griffin offense lines up for action to march the ball the length of the field for a score.

VARSITY FOOTBALL INITIATES RALLIES

The 1982 Varsity Football Team was full of many surprises. They had their ups and they had their downs. Having a disappointing season, the Griffins left a 7-2-1 record overall and a 4-2-1 record in league. Despite the record of the team, 14 members made all-league honors. Two members made all-league first team: **Chuck DuBourdieu** has made all-league kicker first team, 3 years in a row, an outstanding achievement and the only Griffin in history to do it. **Pat Stoll** made all-league first team at offensive tackle. He proved to be a very valuable player for the Griffins. Los Al had a great deal of talent and when applied they sparked in an unbelievable way. The Griffin victories came against Pacifica and Cypress, and the only tie came against Kennedy. The 1982 Varsity Football Team kept their spirit and enthusiasm up throughout the entire season. They used these to put forth great efforts and strength into their games.

While leaping over a defender, running back **Joe Kimball** prepares to run through another Katella Knight while compacting more yardage for another great night of rushing.

While warming up, quarterback **Vince Cardiel** and head coach **John Barnes** discuss strategy for an intense game. Offense strategy plays a major roll in Griffins success.



A team manager is very important for sudden unexpected problems during a game. Here **Tim Randall** does a, "patch'em up" job on **Dirk Ripplemeyer's** chin.

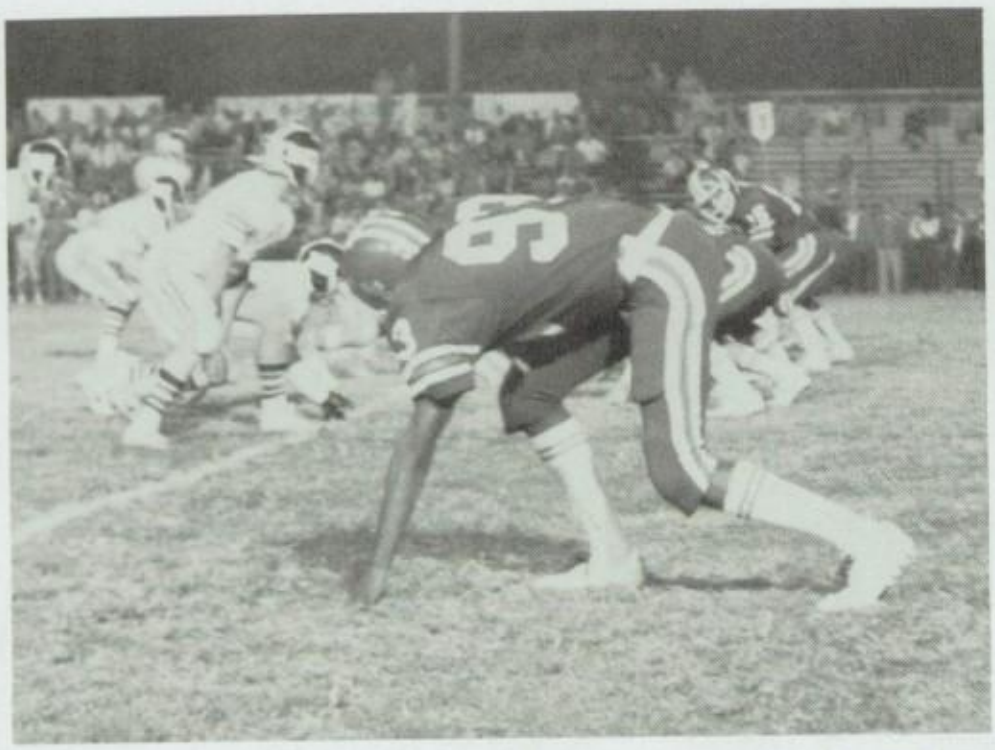
Bill Lewis, a key man in the Griffin attack watches on after putting forth 100% effort to get Los Al on the score board.

Varsity Football Scores

10	Los Al Vs. Los Amigos	22
0	Los Al Vs. Huntington Beach	10
10	Los Al Vs. Costa Mesa	22
21	Los Al Vs. Kennedy	21
10	Los Al Vs. Pacifica	7
6	Los Al Vs. Katella	10
3	Los Al Vs. El Dorado	24
7	Los Al Vs. Loara	24
7	Los Al Vs. Esperanza	42
24	Los Al Vs. Cypress	0

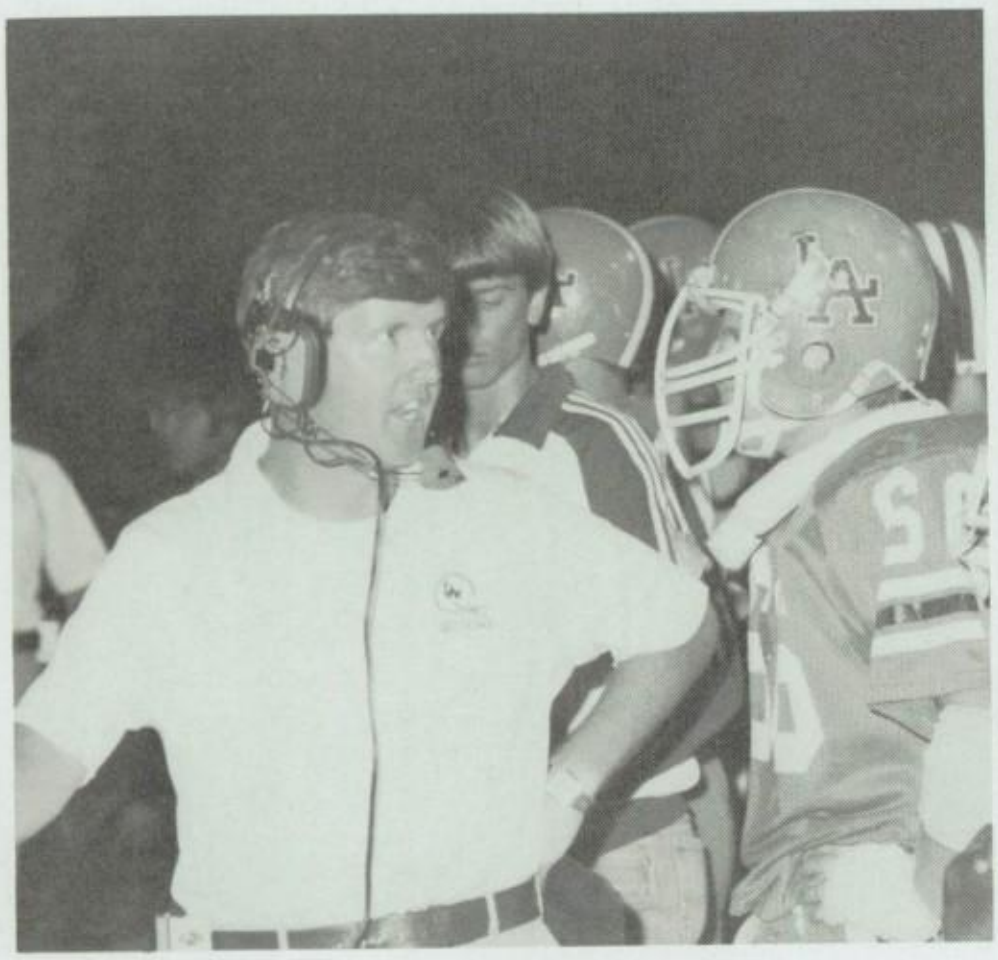
Griffins of the Week

Los Amigos	Bill Lewis
	Rich Moody
Huntington Beach	Pat Stoll
Costa Mesa	John Ortiz
	Dan Zorilla
Kennedy	Grant Schippert
	Pat Stoll
Pacifica	Joe Kimball
	Jerry Wilkins
Katella	Sean Conboy
	Chuck DuBourdieu
El Dorado	Jerry Wilkins
Loara	Robert Brakke
Esperanza	Robert Brakke
Cypress	Pete Ernandes
	Joe Kimball



Calling the singals for the Griffin offense, quarterback **Vince Cardiel** and wide receiver **Bill Lewis** prepare to advance the ball for a victory, scoring drive late in the game.

Sean Conboy (42) and **Bruce Dehoog** (7) start racing down field to cover the ball while **Chuck DuBourdieu** (12) kicks off to the opponent.



To get the Griffin offense rolling toward a score, Varsity Coach **John Barnes** intensively instructs **Russ Kibbee** (66). Playing with intensity and execution is vital to the game.

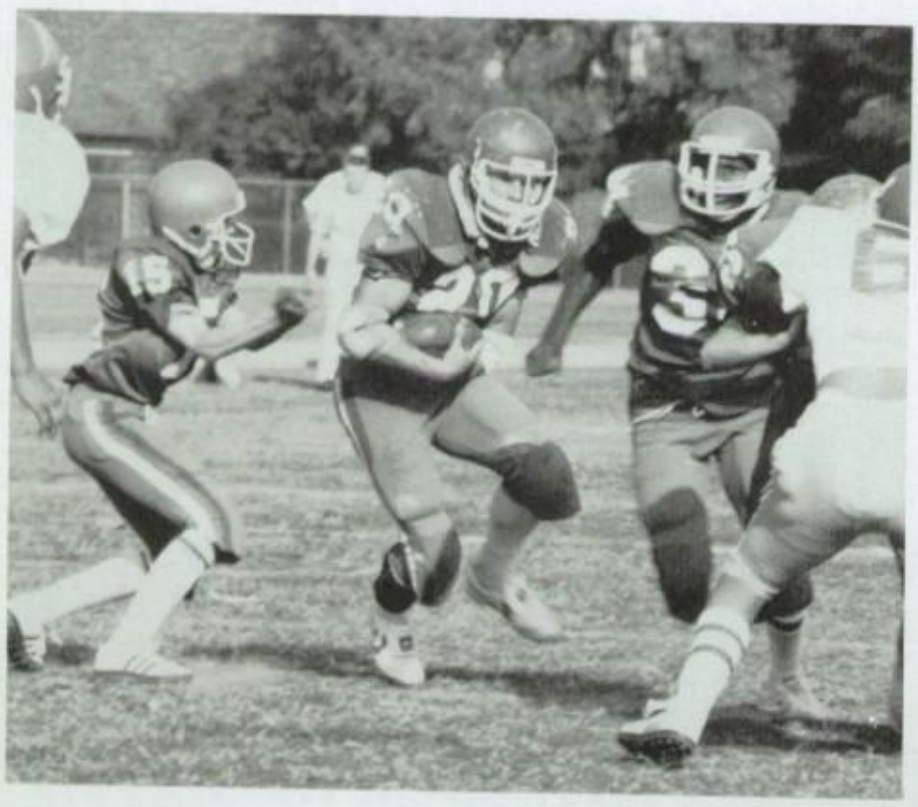
Tight end **John Ortiz** (90) and offensive guard **Ted Caraisco** (63) talk over what adjustments need to be made for success.

GRIFFINS COME ALIVE DURING SEASON

The 1982 Los Alamitos Freshmen and Sophomore teams lived up to expectation in excitement and hard hitting like all Los Al football teams are known for. The sophomore squad was small in number but big in size. They lifted weights hard and long during the off season and it paid off by not having any major injuries. One incredible achievement was a 85 yard punt, a new sophomore record, by Tom Allison.

The freshmen football team was large in number and played with great enthusiasm all year round. They practiced hard and never gave up in any phase of the game. It is vital to have an enthusiastic freshman squad for the years ahead when they continue the climb to the varsity level. The sophomore and freshmen teams will always play with intensity and have what it takes to be winners, and to be Griffins.

Sophomore Football Team: Front Row-Bobby Shortridge, J.T. snow, Chris Bingham, Rodney Salas **Second Row**- Coach Tenno, John Cruz, Danny Baruch, Keith Lifshin, Brian Sweet, Phillip King, George Velasco, Ralph Torres **Third Row**- Coach Kersen, Steve Dennis, Victor Flores, David Chapman, Ron Sittler, Bill Swanson, Martin Wolf, Coach Perez **Fourth Row**- David Dapina, Jack Fisher, Kurt Kelder, Kurt Rippelmeyer, Tony Wells, Tom Allison



Jeff Bingham, (#15), hands the ball off to **Troy Wallace**, (#20), while **Bruce McMorris**, (#34), prepares to make a critical block for a big gain.

The Griffin offense prepares itself to execute the perfect play for a length-of-the-field scoring drive late in the game. Execution is very critical.

Sophomore Football Scores

0	LA/Los Amigos	7
7	LA/Huntington Beach	21
20	LA/Costa Mesa	22
13	LA/Kennedy	27
0	LA/Pacifica	14
20	LA/Katella	21
22	LA/El Dorado/El Toro	21
0	LA/Loara	28
0	LA/Esperanza	49
6	LA/Cypress	22

Freshman Football Scores

0	LA/Los Amigos	6
7	LA/Huntington Beach	12
6	LA/Costa Mesa	13
0	LA/Kennedy	6
7	LA/Pacifica	28
12	LA/Katella	7
14	LA/El Dorado/El Toro	16
6	LA/Loara	13
7	LA/Esperanza	12
7	LA/Cypress	14

The Griffin offense surges forward while **Randy Hacker** (#11) fakes the handoff and prepares to give the ball to **Brain East** (#35) for the first down.

Quarterback Randy Hacker (#11) calls the successful plays, while the rest of the Griffins listen intentively. Execution is vital for success.

The signals are called and the Griffin defense is ready to strike the opponent for a big loss. The Griffin defense was strong and played with high intensity all year round and was never out hit.

Freshmen Football-Front Row- Brian Reno, Asim Desai, Derric DuBourdieu, Eric Triplett, Mike Hernandez **Second Row**- Gregg Yockey, Scott Kolster, Derric Napoles, Gray Iwakashi, Will Libby, Jerry LeDoux, Lawson Wolf, Coach McJilton **Third Row**- Coach Schmitt, Robby Gorden, Robert Drunkenmiller, Pat Kerney, Ed Roche, Marc Johnston, Brian Carselaro, Phillip Ottone, Tim O'Donnell, Coach Jenkins **Fourth Row**- Ken Cross, Scott Hoffman, John Castro, Tim Pettigrew, Greg Ives, Von Carrion **Fifth Row**- Gregg Weiss, Tim Lemance, John Allard, K. Jeanotte, Geoff O'Dell, Jason Werner, Brian East, Chris Theodore, Joe Coulter **Sixth Row**- Todd Paulos, Randy Hacker, frank Smith, Don Durby, Mark Trachman, Brian Molles, Glenn Inskeep, James Howard

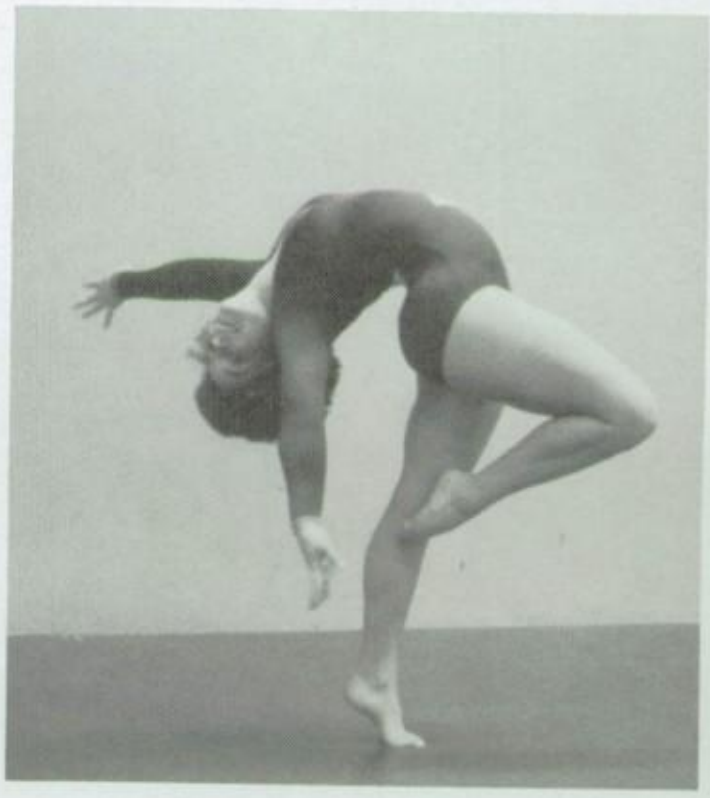
GYMNASTS ANTICIPATE ANOTHER WIN

The 1982 Varsity Girls Gymnastics Team is prepared for another season. These girls have worked hard all year perfecting routines. Three returning lettermen **Tracy Blankenship**, **Cheryl Birdsall**, and **Jean Ingerle** scored consistently in the top three in each event and in the all-around competition to help Los Al keep a winning score. Freshmen **Julie Green** and **Roseanne Garcia** were strong on the uneven parallel bars. Julie and Roseanne will be an asset to the team in upcoming years. **Kathi Lattanzio**, **Kris Schaulch**, and **Kelly Gaines** perform on individual events vault, beam, and floor to keep Los Al in the winning column. All of these girls work hard and, with the help of **Mrs. Sharron Flynn**, have ten Empire League championships and one CIF win.

Junior **Kelly Gaines**, a first-year member of the varsity team, shows one of the many poses she uses to compose her floor exercise routine.

Flexibility, grace, and balance are needed in gymnastics as sophomore **Jean Ingerle** demonstrates. Many hours before and after school are used for perfecting routines.

Kelly Gaines, **Cheryl Birdsall**, **Kathi Lattanzio**, and **Tracy Blankenship** work together both in and out of gymnastics. Together, they compose routines and help each other with self-confidence.



"Practice makes perfect" as freshman **Julie Green** tries to complete a flawless routine for CIF individual finals.

Team work is important in gymnastics as **Kris Schlauch, Jana Lifshin, Jean Ingerle** and **Julie Green** know. Each must do their best on the four events to come up with the win.

Junior **Cheryl Birdsall**, the 1982 recipient of the Dr. Pepper Award, practices some of her poses that must be perfected for the next meet.

Ballet and dance, along with strength and endurance, is needed for gymnastics as **Tracy Blankenship** demonstrates.

Gymnastics Team: Front Row- Tracy Blankenship, Cheryl Birdsall, Kelly Gaines, Kathi Lattanzio, Tisah Wong **Second Row-** Cathy Beckett, Donetta Sorensen, Wendie Grunzweig, Jennifer Chaves, Amy McDougall **Third Row-** Mrs. Sharron Flynn, Shannon Clements, Lisa Boyd, Lisa Landers, Janice Kasumovic, Kris Schlauch, Valerie Chaves **Fourth Row-** April Bole, Roseanne Garcia, Mary Boland, Julie Green, Jean Ingerle, Jana Lifshin, Kelley Uyeda, Lise Pederson Not Pictured: Laura Silverman and Cheri Williams.

VOLLEYBALL SETS UP FOR GREAT YEAR

Even though the Varsity Volleyball Team did not reach C.I.F. this year, they worked extremely hard. Under the guidance of Coach Jamie Moore, the Varsity Team ended their league play with a 5-9 record. At their end-of-the-year Awards Banquet, special awards were given to: Captain **Lisa Falsken**, for Most Valuable Player, to **Kim Owen**, for the Coach's Award, and **Sherry Skibbe**, for Most Improved. The J.V. and Frosh/Soph Teams also did especially well. Two members on the J.V. Team were not only new to the sport of volleyball, but were also new to Los Al. They are **Mari Halal** and **Jennifer Martinis**; both juniors and both very dedicated players. **Stacey Simonds**, **Cassie Beyer**, **Joy Whitney** and **Kim Campanelli** are four outstanding freshmen who really worked hard. They excelled and helped their team achieve praise and gratitude from their fellow students.

Gail Becker watches as **Jenny Roberts** readies herself to set the ball up and over the net at a home varsity volleyball game.

Varsity Volleyball: Front Row-Sherry Skibbe, Lisa Falsken, Judy Chavez, Jenny Robertson, Tracy Logan, Gail Becker Second Row-Coach Jamie Moore, Kim Owen, De Anna Hawks, Yvette Molina, Julie Gilchrist, Lili Ansell

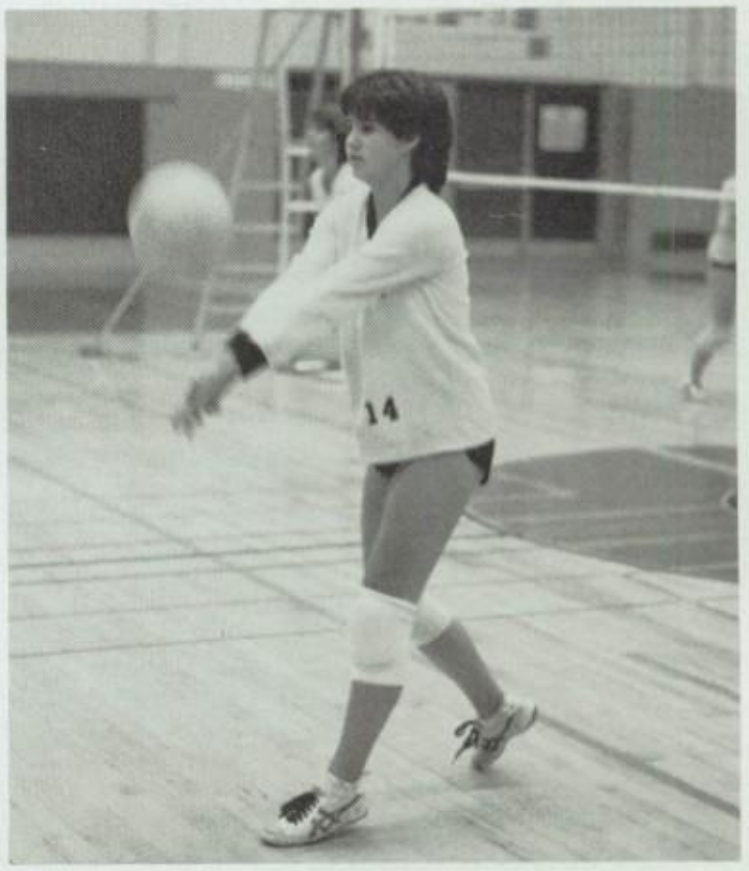
Gail Becker is making a great set up for someone to spike the ball.

Coach Jamie Moore is psyching up the Varsity team for the game they are to play. This is a crucial one and the girls are looking forward to this game and many others in the future season.

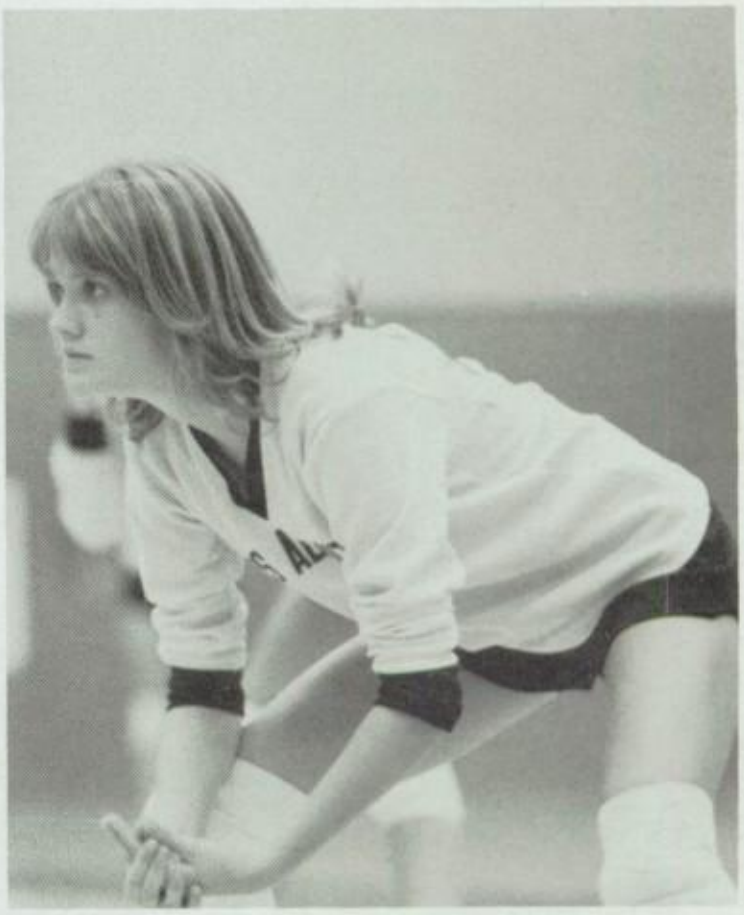
Coach Bohanon talks to the Frosh/Soph Team about the game they are about to play. She is pleased that her team not only gets along well, but plays well too.

J.V. Volleyball: Front Row-Roseanne Garcia, Catherine Allard, Jill Whitney, Sarah Tolliver, Lisa Jones Second Row-Jeanne Allard, Mari Halal, Bonnie Burns, Suzanne Bragg, Kim Dally, Jennifer Martinis

Frosh/Soph Volleyball: Front Row-Joy Whitney, Sharon Spyrs, Cindy Poe, Stacey Blinkensderfer, Kim Campanelli Second Row-Linda Huff, Jackie Ethridge, Pam Spyrs, Stacey Simonds, Cassie Beyer



Kim Campanelli is practicing her setting for the upcoming game. She prepares herself by doing some stretches and then some setting drills.



Joy Whitney is waiting for her opponent to serve the ball. Joy is an important player to the Frosh/Soph Team.

CROSS COUNTRY STRIDES TO MEET GOALS

Cross Country is one of the hardest working teams on campus. Coached by Mr. Gragnano and Mr. Vickers, the varsity team has been running for months, all through summer, in order to prepare for this year's competition season. Each member of the team puts in about fifteen hours a week before, during, and after the actual season.

Their schedule includes running Monday to El Dorado Park to run hills and improve their speed. On Tuesday there is a 7-10 mile run to either California State University of Long Beach or all through the massive El Dorado Park. Wednesday the team has a little rest (only four miles of running) in order to prepare for their upcoming race. Thursday is race day for Cross Country. The event they run is three miles. On Friday, recovering from their race and preparing for Saturday a brisk four mile run is manditory. On Saturdays the team attends invitational meets with many schools from southern California. They get Sunday off.

Mark Junkermann, our premier varsity runner, placed seventh in the Western Regionals Cross Country Championships.

Varsity Cross Country: First Row- Glenn Urata, Bob Sanregret, John Burkett Second Row- Thomas Burkett, Mark Junkermann, Bret Pfost

Varsity Cross Country

21	LA vs.	Anaheim	36
20	LA vs.	Magnolia	37
35	LA vs.	Katella	24
35	LA vs.	Esperanza	24
31	LA vs.	Kennedy	24
29	LA vs	Loara	28
28	LA vs.	Pacifica	29
21	LA vs.	Cypress	34
38	LA vs.	El Dorado	21

Coaches Gragnano and Vickers constantly work with Cross Country in order to create many great athletes.

it's me again. if you got back with keith maybe I could get back Gene or maybe shawn or maybe even Russ. I really think your a very pretty girl. ~~because~~ besides a great person and I didn't think your fast at all. But I think you are pretty I think your from picadilly was good but DANS SUCKS I think Russ has a nice bod and is kinda cute. Shawn page 143

This year proved to be a good year for many varsity team members. **Mark Junkermann** is the premier runner who set the all time top record for the El Dorado track at under 15 minutes. **Thomas Burkett** fought back from a leg injury over the summer to have a very successful year. **David Jury**, one of the hardest workers on the team improved this year and settled into a spot on the varsity team.

Frosh/Soph Cross Country: Front Row- Dave Zorrich, Greg Schenk, Tom Poe, Ron Debbah, Mike Rahban **Second Row-**Coach Gragnano, Brad Rawls, Tim Innes, Dan McVay, Don Smith, Wally Kaminski, Mike Summers

Nathan Vanleer competes in his three mile run to score points for the junior varsity team.

J.V. Cross Country: Front Row-Steve Stolk, Jim Carkagis, Jeff Viera, Ricky Vincencio **Second Row-**Ted Francis, Rod Cosby, Rick Kalman, Scott Freeman, Coach Gragnano

Junior Varsity Cross Country

28	LA vs.	Anaheim	29
22	LA vs.	Magnolia	34
30	LA vs.	Katella	26
49	LA vs.	Esperanza	15
15	LA vs.	Kennedy	50
15	LA vs.	Loara	50
15	LA vs.	Pacifica	50
24	LA vs.	Cypress	37
34	LA vs.	El Dorado	22

Freshman/Sophomore Cross Country

15	LA vs.	Anaheim	50
15	LA vs.	Magnolia	50
50	LA vs.	Katella	15
46	LA vs.	Esperanza	16
37	LA vs.	Kennedy	20
27	LA vs.	Loara	28
45	LA vs.	Pacifica	19
15	LA vs.	Cypress	50
47	LA vs.	El Dorado	15

GOLFERS TEE UP TO UNDER PAR SEASON

This season, the golf team was made up of twelve members. **Kelly Manos, Tom Weizoerick** and **Pingo Zamarripa** returned as second year players. Coached by **Gary Dixon**, the golf team competed against other schools such as Servite and El Dorado. The season started off with a big victory over Servite.

Coach Dixon and the golf team spent a great deal of their time practicing form and talking about the intricacies of golf. Many hours were spent discussing professionals and their techniques and styles. The team studied many various pros for insight into playing a better golf game. Golf is a favorite pastime for many, though an extremely competitive sport for others. Concentration and patience is an essential when involved in a tournament. Golf requires a steady hand, good form and a powerful stroke. The Griffin Golf Team is known for its dedication, sportsmanship, effort and talent.

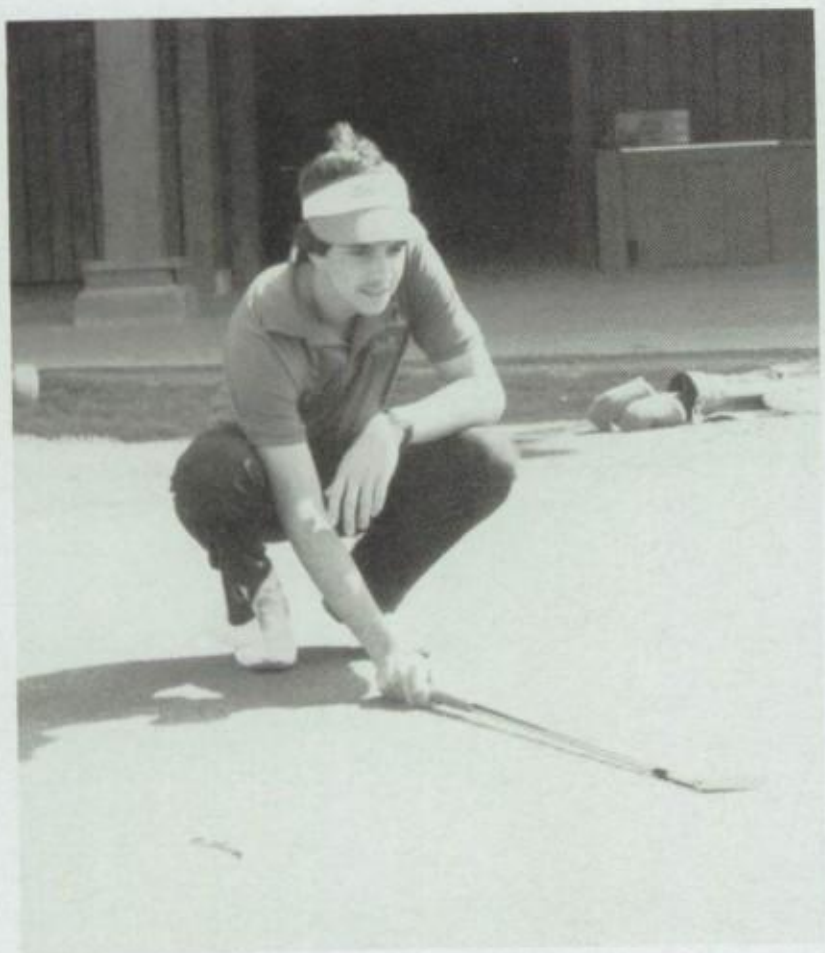
Golf Team: Front Row- Kyle Shields, Tom Rak, Glenn Kaneko, David Blum, Todd Carcelero, Bret Shaldow Second Row- David Noorigian, Steve Brody, Kelly Manos, Tom Weizoerick, Pingo Zamarripa, Coach Gary Dixon

Tom Weizoerick concentrates as he takes a swing at his next shot in hopes that he will beat the competition with a good score.

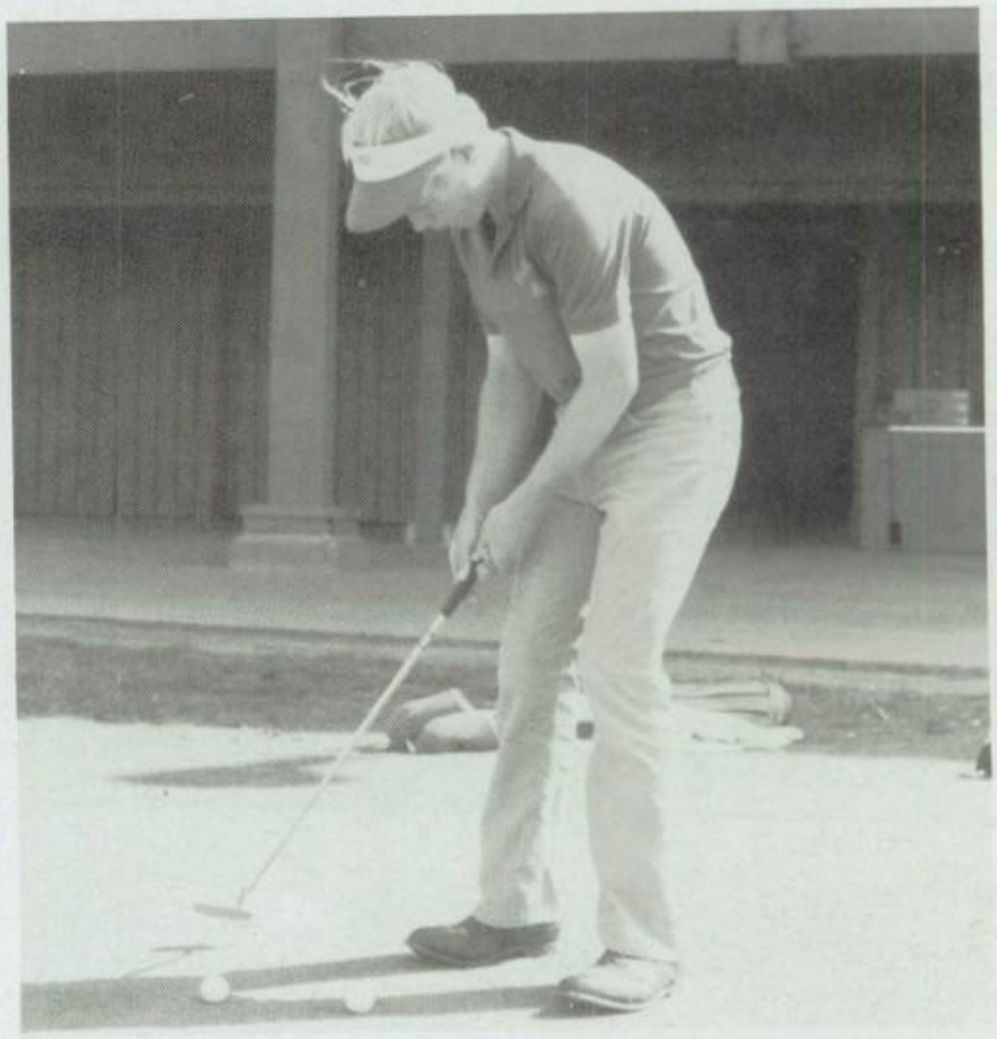
Golf Coach, **Gary Dixon**, shows a look of disgust and surprise as his perfect putt rolls just shy of the eighteenth hole.

With his golf bag on his shoulder, **Pingo Zamarripa** prepares for a challenging game against Servite at Old Ranch Golf Course where most games are held.

Tom Weizoerick and **Kelly Manos** get ready to take the golf cart out on the green to start their next game.



Kelly Manos, a second year member of the golf team, lines up his next shot. Putting takes perfect aim and concentration.



Much practice goes into training the team in making shots such as this one. Showing tremendous concentration, **Bret Shaldow** prepares to make a perfect putt for a birdie.

VARSITY SOCCER KICKS TO SCORE MORE

The Griffin Varsity Soccer Team had an outstanding season of many exciting wins and narrow defeats. This being only the third year since the team was formed, the Griffins pulled together and did better than they expected. Soccer has become very popular over the last few years and the team was formed with many experienced, skilled players. Having more people try out for the team has allowed coach **Ron Schwandt** to choose the best all around players. **Chuck DuBourdieu, Kevin Kelder, Mark Pollock, Doug Fraser, Tony McGuiness,** and **Craig Nordstrom** were a few of the returning varsity players. They lead the team through thick and thin. Coach Schwandt lead the team, with his outstanding coaching abilities, through the third consecutive successful soccer season.

Boys Varsity Soccer: Front Row- Tony McGuinness, Richard Flood, Scott Downes, Craig Nordstrom, Steve Varalyai, Ronny Millar, Jeff Coontz, Chuck DuBourdieu, Mark Pollock **Standing:** Coach Schwandt, Doug Fraser, Victor Flores, Paul Park, Paul Hartman, Kevin Kelder, Brent Erickson, Lyle Duncan, Peter Vejsz, Jason Noe, Jeff Birk, John Ripley.

Kevin Kelder, Brent Erickson, and **Richard Flood** surround a member of the other team and prevent him from moving with the ball.

Coach Schwandt stands back and applauds his team's performance after they executed a great play and scored a goal.

SOCCER SEASON

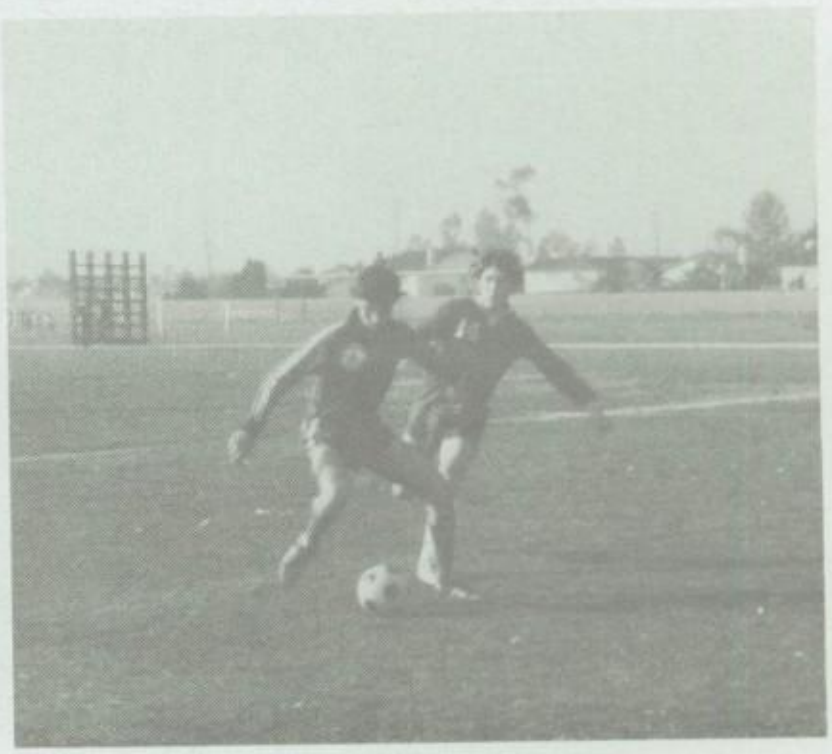
LA				
2	LA	vs.	Pacifica	2
4	LA	vs.	Katela	3
3	LA	vs.	Loara	0
3	LA	vs.	Cypress	0
4	LA	vs.	Kennedy	2
4	LA	vs.	El Dorado	0
1	LA	vs.	Esparanza	1

Kevin Kelder heads the ball while teammates **Paul Park** and **Brent Erickson** move closer to support him and block off the other team.

Goalie, **Doug Fraser** blocks another goal for the team. Doug blocks many shots that could really hurt the team. Goalie is a very important position.

Showing the proper form for making a throw in, **Paul Park** begins to toss the ball to an open teammate who may have a chance to score.

Standing in a circle, **Jeff Coontz, Steve Varalyai, Scott Downes, Mark Pollock,** and **Jason Noe** practice some of their soccer skills by playing Hackie-Sack. They are also entertaining themselves before practice.



After dribbling around an opponent, **Tony McGuinness** continues to move closer and closer to the goal. He will attempt to score or pass the ball to someone else.

J.V. SOCCER KICKS OFF A GREAT YEAR

The Junior Varsity Soccer Team has grown in popularity since its start three years ago. The game itself is exciting, and watching the team in action is just as enjoyable. These athletes, led by **Coach Brett Davis**, have succeeded in playing a fine game and displaying sportsmanship throughout the season. Some of the outstanding players include **Carmine Napolitano** and **Joe Hastie**. Awards were given out to the Most Valuable Player, **Bill McGrann**; the Most Improved, **Ralph Grosso**; and Sportsman, **Paul Mansour**.

The Frosh/Soph Soccer Team also concluded their season successfully. Their coach, **Paul Stole**, instructed the team in basic skills, as well as the fine points of the game. First year members, **Kaveh Esteghamat** and **Jim Devlan**, show great promise for the upcoming years. **Robbie Catroph** led the team in goals, making twenty-two goals throughout the season. With these new players, the upcoming soccer seasons look bright.

As the coach of the Junior Varsity team, **Brett Davis**, gives his last minute instructions to his team, the ball-players listen intently. With a fine team effort, the team won this particular game, four to two.

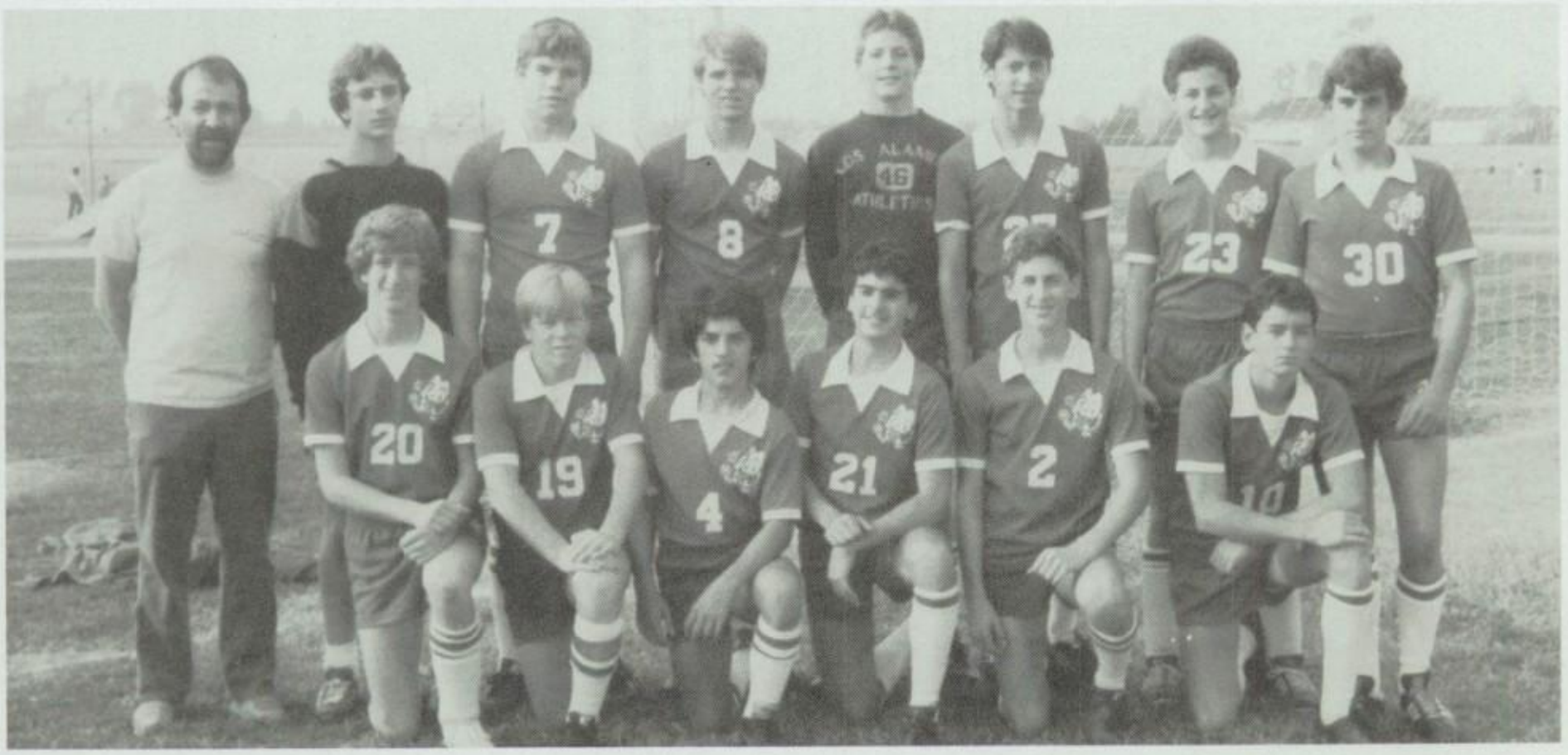
Attempting to drive downfield, **Steve Snyder** dribbles past his opponent, just before passing towards the goal.

JV Soccer Team: First Row- Carmine Napolitano, Samm Boner, Michale Hudson, David Clayman, Derric DuBourdieu, Bobby Shanaberger, Robert Napolis, John Espinoza, Michael Martinis **Second Row**-Dennis Kefalis, Jim Dupuy, Steve Snyder, Mark Magana, Paul Mansour, Bradley Biringer, Robert Gludt **Third Row**- Brett Davis, Ralph Grosso, Jeff Kennedy, Tamas Vejez, Joe Hastie, Bill McGrann, Chris Stratton

Robbie Katzaroff, Caveh Esteghamat, and Michael Melancon begin doing various stretching exercises before a team practice. **Coach Stole**, the Frosh/Soph coach, stresses the importance of stretching before both practices and games to cut down on injuries.

With the defense closing in rapidly, Frosh/Soph player **Gregory Coughlin** tries to time his kick towards his teammates near the goal perfectly, in order to throw both the goalie and the defensive players off balance.

Michael Melancon attempts the head volley in order to keep his opponent from scoring.



Frosh/Soph Soccer Team: First Row- Kevin Rothery, William Libby, Caveh Esteghamat, Robbie Katzaroff, Jason Zommick, Gregory Caughlin **Second Row**- Coach Stole, Todd Smith, Stephen Moore, Doug McCreedy, Kurt Kelder, David Harris, David Hastie, Michael Melancon

GIRLS SPORTS MAKE VICTORY THE GOAL

Another excellent season of soccer was played by the Girls Varsity Soccer teams. With the coaching assistance of Coach Mark Moore, the girls got off to a fantastic start. The newly added Junior Varsity Soccer team added much excitement to the soccer games. Small powerhouses, **Julie Schultz** and **Lauri Hinselman** weaved through their oppenents, as they displayed great soccer skills.

In Softball, the first game of the season was very tough, yet well-played. **Jackie Ethridge** threw a one-hitter while her teammates played a good game, but lost 0-2. Coach **Jami Moore** instructed the girls in softball skills and sportsmanship. She states, "This season will be very competitive." The team looked forward to the great challenges and happy victories. Their two returning players were **Lisa Falskin** and **Kim Owen**.

Mary Halal attempts to block her apponent from making a goal which could decide the game. Skill and coordination are necessary when playing soccer.

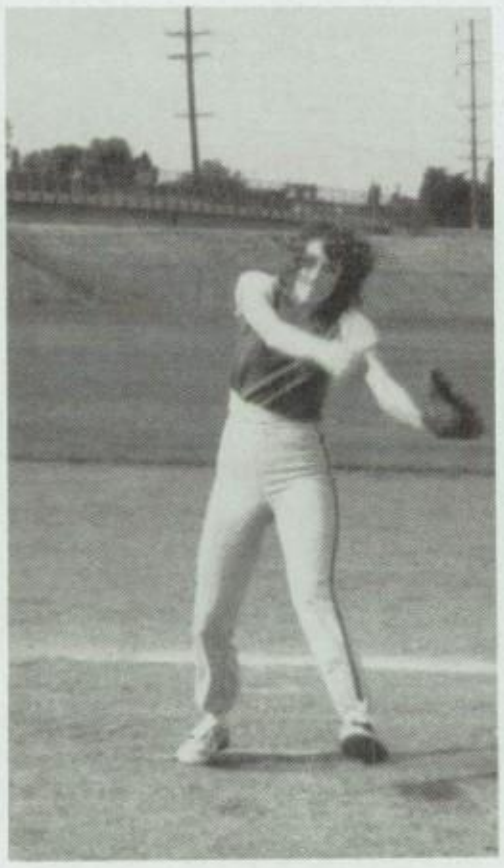
Varsity Soccer: Front Row- Alicia Welch, Lori Heinselman, Jennifer Eldean **Second Row-** Julie Fusco, Anna Triplett, Julie Nicolaou, Julie Schultz, Maria Eschenbrenner **Third Row-** Julie Brogan, Paula Wasikowski, Coach Mark Morin, Jenny Martinis, Kim Owen, Mali McGolden, Rose Ann McIntyre

JV Soccer: Front Row- Stacey Wilford, LeeAnn Mahoney, Cindi Morin, Heather Armstrong, Stephanie Able **Second Row-** Lisa Kanasi, Wendy Salisbury, Sheri Millar, Hillary Routt, Kathy Pelligrino **Third Row-** Coach Carol Waechter, Carol Cauchon, Stephanie Pszyk, Kim Campanelli, Madeline Donahue, Brenda Voorling

Heather Armstrong runs toward an apposing team member to try to stop her from bringing the ball down for a goal which could decidet the outcome of the game.

Varsity Softball: Front Row- Jackie Ethridge, Leslie Baker, Julie Johnson, Jeanne Allard, Kim Owen, Lisa Falsken, Suzanne Bragg **Second Row-** Manager Tina Haycox, Kim Jeanotte, Sandy McClaren, Alicia Welch, Jody Paholski, Jamie Megna, Suzanne Allard, Coach Jami Moore.

Kim Jeanotte, with all her attention centered on the batter, is an example of the team's dedication.



Varsity pitcher, **Jackie Ethridge** begins to release a curve ball during a practice for an important game.

Playing catch with one of her teammates, **Diana Rush**, a junior varsity player, warms her arm up before practice begins.

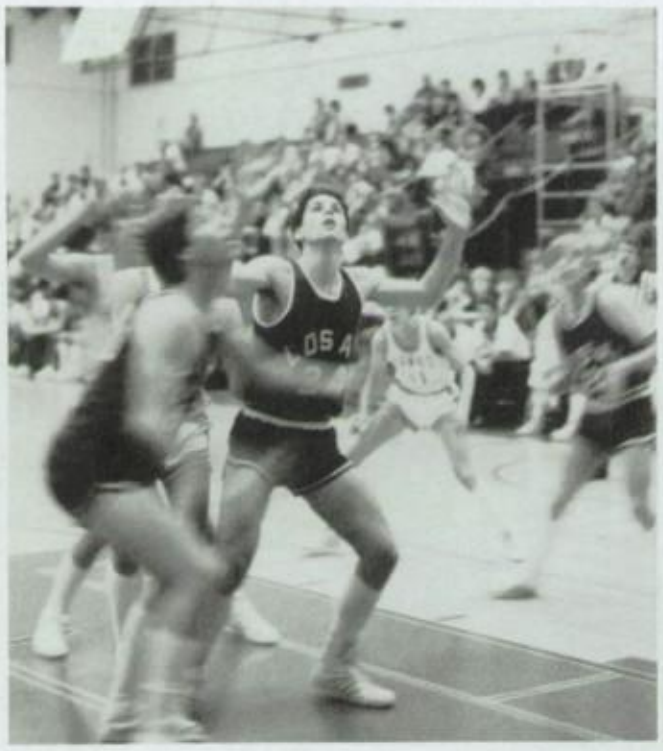
Suzanne Bragg, practices throwing to first to improve her throwing average. Fielding is important to softball.

JV Softball: Front Row- Coach Tanya Muhle, Linda Huff, Jill Morley, Jeanette Dorsey, Kim Campanelli, Amy Switch, Cathy Allard, Kristy Gianformaggio. **Second Row-** Manager Jenny Castlen, Valerie Spinosa, Mali McGolden, Diana Resh, Cindy Poe, Deanna Hawks, Karen Schindler, Lisa Jones, Lili Ansell, Manager Karen Westbrooks

VARSITY BASKETBALL SHOOTS TO SCORE

The Varsity Basketball Team had an outstanding season this year with many exciting wins and narrow defeats. Behind Coach Steve Brooks, the team confronted other Empire League teams and were very proud to receive the title of Empire League Champions, a title that the Griffins haven't earned since 1972. All Empire League mentions go to: Empire League M.V.P. -**Mike Deprez**, Honorable Mention-**Andy Hermann**, and First Team-**Mike Deprez**, juniors **Keith Kaub** and **David Stockwell**. After a great finish in League, the team moved on to C.I.F. They lost in the first round to Oceanview and had to finally wrap up the season. The team was backed up with strong support from the bench by **Tony Chang**, **Greg Olson**, and junior **Casey Stetler**. Starting senior, **John Wall** also had many baskets and assists. He had the honor of cutting down the net when the team defeated Cypress and made it to C.I.F.

Boys Varsity Basketball: Ray Maeda, John Wall, David Stockwell, Mike DePrez, Keith Kaub, Paul Crandall, Rick Needham, Greg Olson, Andy Hermann, Dan DeForest, Casey Stetler, Tony Chang, Coach Brooks

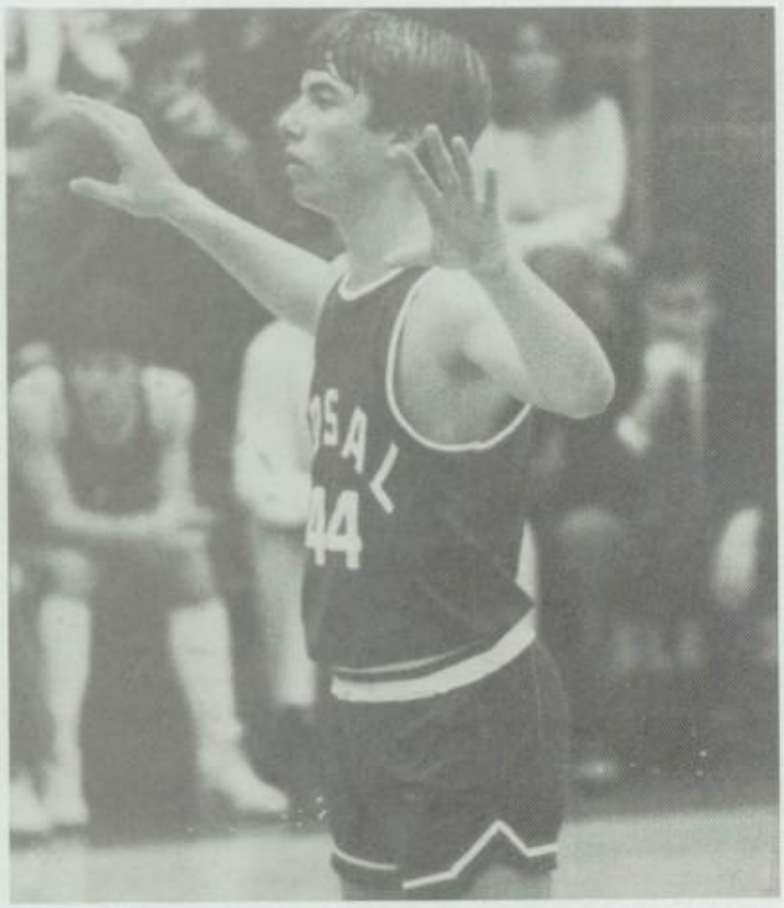


Planting himself beneath the basket, **Mike DePrez**, with hands raised, gets in position to grab a rebound and shoot again.

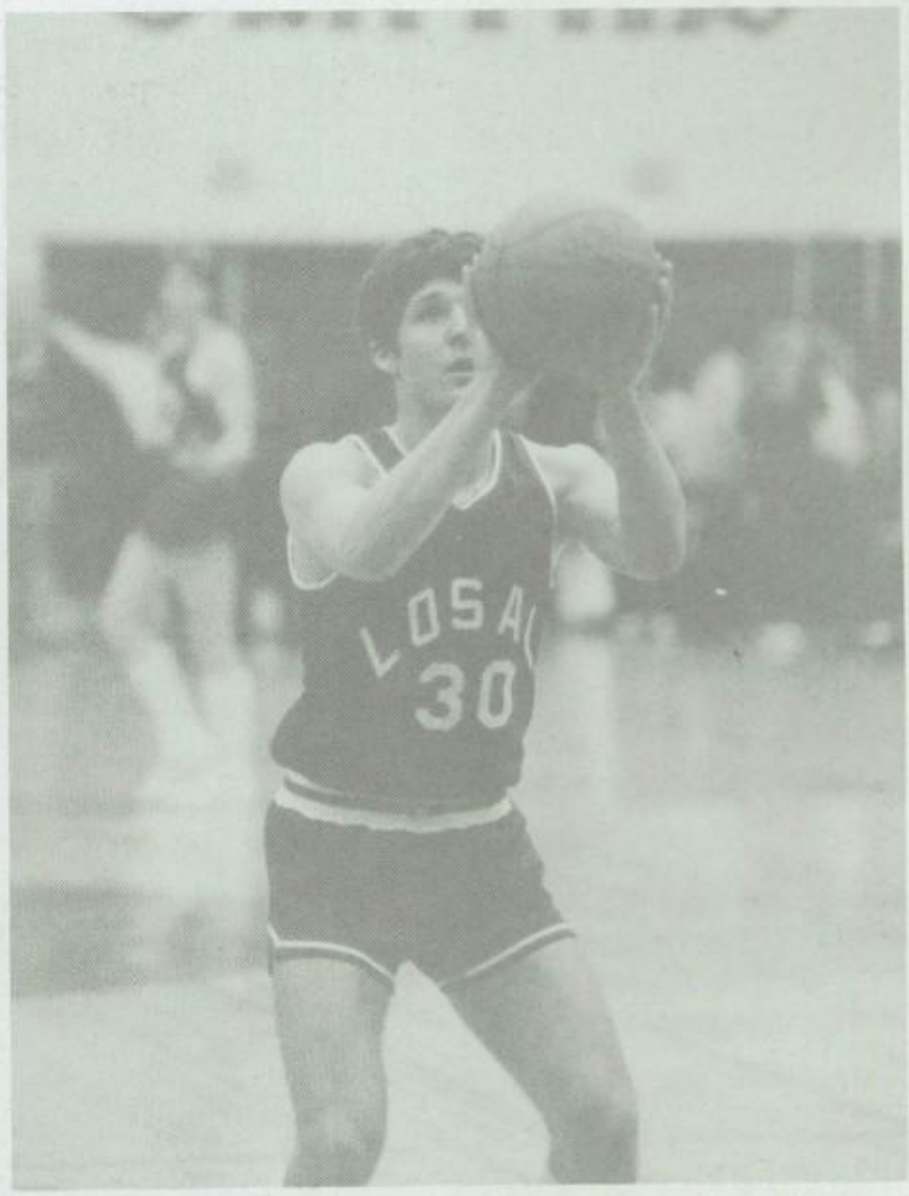
During one of the exciting moments of the game, **Keith Kaub** tries to gain a jump ball for the Griffin offense. He is supported from behind by **Greg Olson**.

The outstanding coaching job of Steve Brooks pulled the team through a wonderful season. Coach Brooks was named Coach of the Year, a title that he definately deserved. Coach Brooks, in the beginning of the season, predicted the team to finish with a twelve win, two loss League record and miraculously the team finished twelve and two. The team as a whole, set a new school record in points per game. They averaged the third best record in the school's history.

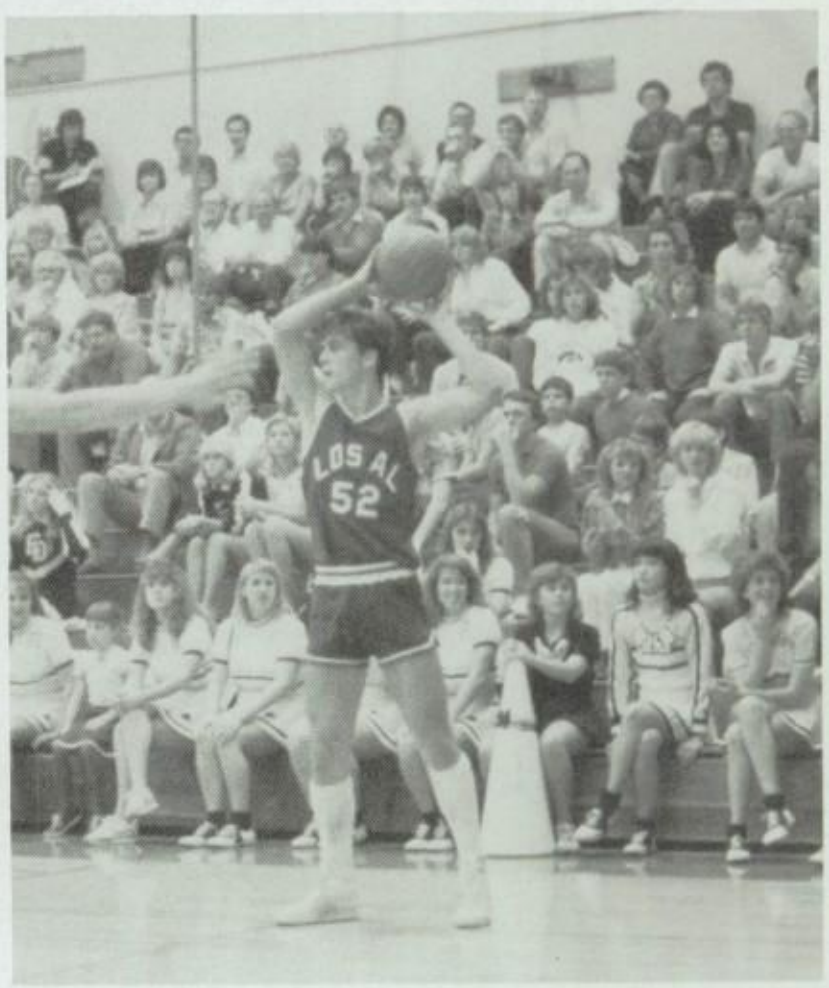
After **Tony Chang** receives the ball, he finds an opening where he can shoot or pass to one of the other open team members.



Standing with hands raised, **John Wall** switches to defense and hopes to make another one of his awesome steals. Raised arms are essential for the defensive game.



Andy Hermann prepares to attempt a free throw. Free throws are vital and can be the deciding points of a game.



As **Greg Olson** searches for an open teammate, he prepares to either pass the ball to someone else or take the shot himself.

BASKETBALL TEAMS SHOOT FOR TITLE

The Junior Varsity team, coached by **Steve Payne**, showed their fine abilities on the court by finishing in fourth place with a 7-7 record in the Empire League. **Jeff Weber** lead the team in the best field goal percentage and **Tim Irvin** lead the team in scoring. **John Reparuk, Travis Tarchione, Jeff Weber, Tim Irvin,** and **Paul Crandall** kept the Griffins alive throughout the entire season.

The Sophomore team, coached by **Steve Canin**, showed their fine efforts by giving one hundred percent on the court. Finishing in second place with one defeat, they had an outstanding season. Standout players included **Bart Smith, Todd Jorgenson, Todd Paulos, Sean Belle,** and **Redden Knight.**

The Freshman team, coached by **Kevin Mickelson**, confronted little trouble with the other teams in the Empire League. **Jim Weber, Gary Loe, Marc Schmitz, Randy Hacker,** and **J.T. Snow** helped lead the team to victory.

Junior Varsity Basketball: Mike Willis, Tom Strawbridge, Steve Stryker, Jeff Weber, Tom Shiada, Andy Woods, Tim Irvin, John Reparuk, Mark Lewis, Travis Tarchione, Coach Payne

Andy Woods concentrates as he tries to make his free throws to put the Griffins into the lead.

Paul Crandall attempts to outjump his opponent from Cypress. **Travis Tarchione** and **Tim Irvin** get ready to receive the ball so they can score two points.

Mike Willis, being pressured by an opponent, tries to keep the ball away from him while **Tom Strawbridge** runs up to give Mike some help.

Sophomore Basketball: Redden Knight, Garrett Olson, Chris Buonocore, Craig Grennon, Dylan Fast, Bart Smith, Todd Jorgenson, Todd Paulos, Keith Shivers, Ron Sittler, Robby Goodman, Sean Belle, Coach Canin

Todd Paulos shoots a jump shot as **Mark Lewis** and **Todd Jorgenson** get set for the rebound.

Todd Jorgenson tries to outjump his opponent, while **Robbie Goodman** and **Todd Paulos** eagerly wait for the ball.

Freshman Basketball: Oscar Ribadeneira, Jim Weber, Todd Carceiro, Gene Blackmun, Mark Bellwood, Gary Loe, Marc Schmitz, Randy Hacker, Derek Bowen, Marc Trachtman, J.T. Snow, Steven Howard, Darryl Baker, Kevin Falsken, Coach Mickelson

Darryl Baker pulls up for a jump shot as **Randy Hacker** manuevers himself so he is able to get the rebound.

J.T. Snow dribbles down court, trying to create a fast break. **Gene Blackmun** runs down the court anticipating the pass form J.T.

GIRLS BASKETBALL COMMANDS THE COURT

The year of 1983 proved to be an outstanding one for girls' athletics. Girls' Basketball had three excellent teams with exceptional individual talent. The traditional awards banquet was held and some special girls were honored by their coaches. For the Varsity Team, awards went to **Lisa Falsken** for Most Valuable Player, **Yvette Molina** for the Coaches Award, **Renee Shivers** for Most Improved and **Jeannette Dorsey** received the Most Promising Player Award. On the Junior Varsity Team, honors went to **Karen Schindler** for Most Valuable Player, **Debbie Reidberger** for the Coaches Award, and **Kathy Glaudini** and **Deanna Benstead** shared the Most-Improved Award. The Frosh-/Soph girls were also honored and their special winners were **Monique Lovette** for Most Valuable Player, **Kim Re** for the Coaches Award, and **Kelly Rieg** for Most Improved.

Coach Gail Hale gives her J.V. girls flowers before an important game against Cypress. This is the las game of the season and the girls hope to win.

Girls Varsity Basketball: Coach Jami Moore, Sherry Skibbe, Sandy Bingham, Suzanne Bragg, Yvette Molina, Jeannette Dorsey, Lisa Falsken, Judy Chavez, April Alverez, not pictured: Renee Shivers

Suzanne Bragg dribbles around the Cypress opponents to shoot for the basket. Suzanne contributes being one of the two freshmen on the team.

Debbie Reidberger, a member of the Girls J.V. Basketball Team, uses her extraordinary height to make an otherwise hard slam-dunk shot, seemingly easy.

Girls J.V. Basketball: Front Row-Julie Herbert, Kathy Glaudini, Kathleen Beautty, Deanna Benstead **Second Row**- Coach Gail Hale, Stacy Lee, Karen Schindler, Debbie Reidberger, Susie Kiker, Diane Lawrence

Tara Murray concentrates and readily takes aim for the basket. Tara is indeed an assett to her Frosh/Soph team.

Basketball players Kim Re and Teri Garcia show that being on a team isn't all work and no fun; they get a chance to play around before their game starts.

Coach Jeannie Jungers huddles her team together to give them some last minute advice for their very important game. Coach Jungers is lucky to have such a fine group of players.

Players Melanie Wood, Sharon Sprys, and Kelly Rieg appear to be fighting for the ball, but they are really practicing rebounding.

Girls Frosh/Soph Basketball: Teri Garcia, Tammy Young, Melanie Wood, Monique Lovett, Sharon Sprys, Kelly Rieg, Magdalena Diaz, Tara Murray, Kim Re, kneeling, Coach Jeannie Jungers.

LA TRACK TEAMS RUN WITH ENTHUSIASM

Los Al's track team worked hard but with good results. One of the largest track teams that the school has ever had, the track team was made up of over one hundred members. Coach Brody said, "This track team is one of the best I have worked with."

Although the rain did cause some of the track meets to be postponed or cancelled, the rain did not dampen the spirits of the team members.

In their first meet, the Griffins beat their opponents, Artesia. Although their second meet against Western was postponed, when the Griffins did compete, they beat Western with a rousing victory. In their next meet against Kennedy, again the Griffins were victorious.

Junior Dirk Rippelmeyer, a member of varsity track, long jumps for the longest jump of the day. Timing is important when preparing to jump.

Jerry Wilkins warms up before a competition against Artesia, while Sherman Keller waits his turn. Warm ups are an important part of doing well in track.

Boys Varsity Track: Front Row- Sherman Keller, David Jury, Mark Junkermann, Nathan Vanleer, Tom Burkett Second Row- Ted Francis, John Burkett, Dirk Rippelmeyer, Clay Kussler, Sean Conboy, Jay Jensen Third Row- Bruce McMorris, George Hapsic, George Stennis, Brett Pfost, James Castro, Jerry Wilkins Fourth Row- Glen Urta, Steve Stolk, Les Westbrook, Steve Magner, Charlie Bueno, Jose Vicencio, Steve Husted.

George Hapsic uses his best high jump in order to tie for second in the varsity competition against Kennedy.

John Castro shows that high jumpers must rely on high spirits and deep concentration to clear the pole, even during practices.

Eric Peterson makes an attempt at a higher level during a practice session. Pole vaulting is sometimes thought to be the hardest of all track events.

Keeping warm between heats at the meet is very important to all competitors as sophmore **Sean Conboy** shows by putting on his sweats.

Leading the way in the 300 meter hurdle race, Senior **Nathan Vanleer** stays out in front while keeping in step for the upcoming hurdles.

Frosh/Soph Track Team: Front Row- David Godoy, Tom Jenkins, Danny McVay, Danny Baruch, Ron Dabbah, Kurt Kelder **Second Row**- Tim Innes, Mike Martin, Greg Schenk, Norman Davison, Mike Summers, Chris Stratton, Tommy Poe **Third Row**- Brad Rawls, Robb Rinella, Mike Rahban, Alan Barber, Chris Madsen, Zach Jones, John Castro, Tim Lamance **Fourth Row**- Marv Ahlstrom, Jason Wells, Bryan Earnest, Todd Murphy, Walter Kaminski, Robert Walker

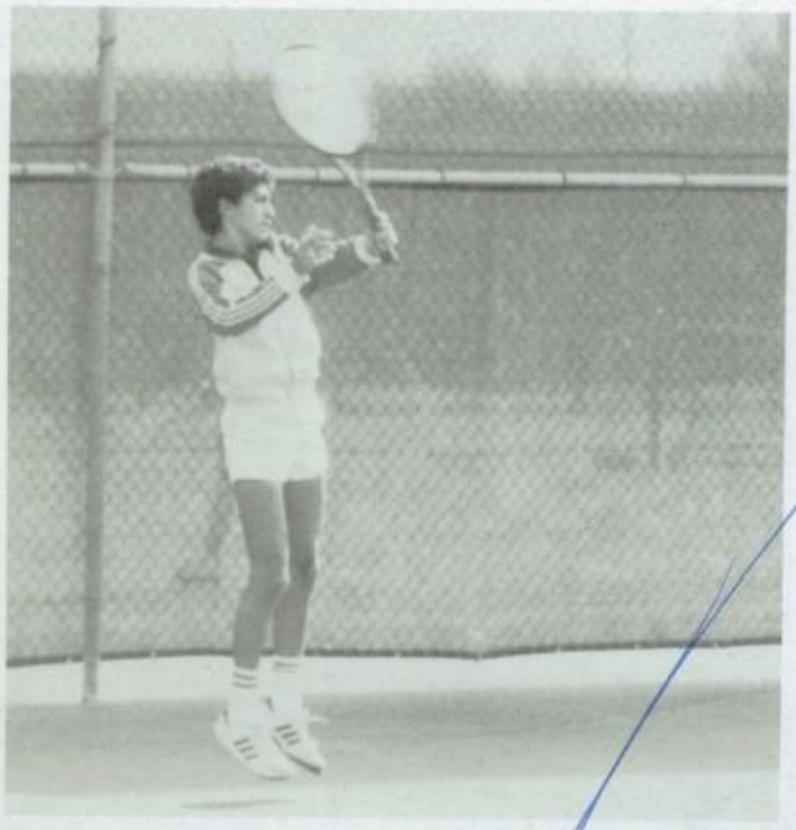
Bryan Earnest, a two-year track member, shows good form while long jumping. Long jumping has become an important part of track and field.

BOYS TENNIS SERVES UP GREAT SEASON

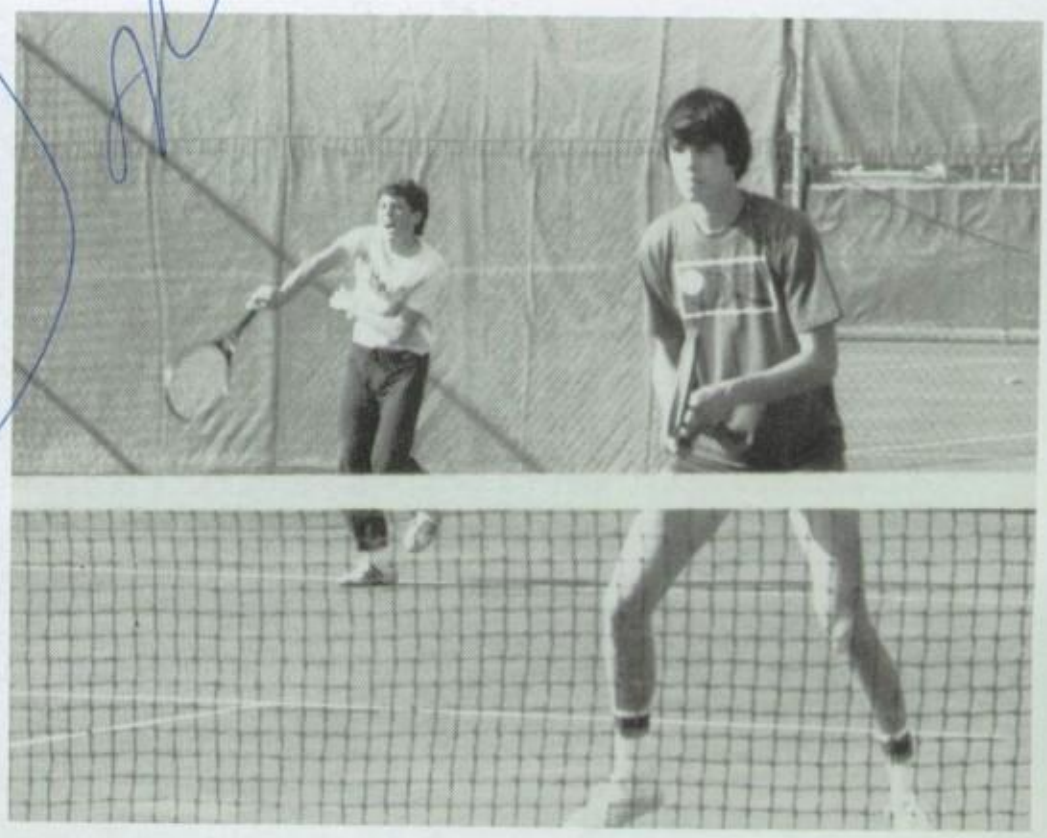
The boys' J.V. and Varsity Tennis teams proved outstanding as usual in their quest for Empire League titles. The varsity, under the direction of second-year coach Ken Parker, attempted to repeat as league champions, and once again go undefeated. Tremendous depth of talent exemplified the squad, as each member was a standout in the league. Some of the top players were **John Ashkarian, Alex Roubanis,** and **Richie Hollis.** Both singles and doubles proved extremely strong.

Also excellent was the junior varsity team. Many of the J.V. players were stronger than the top varsity players of some of the other schools in the league. The team was under the direction of former Los Al student John Weiner. After finishing second last year, the team hoped to regain their league title.

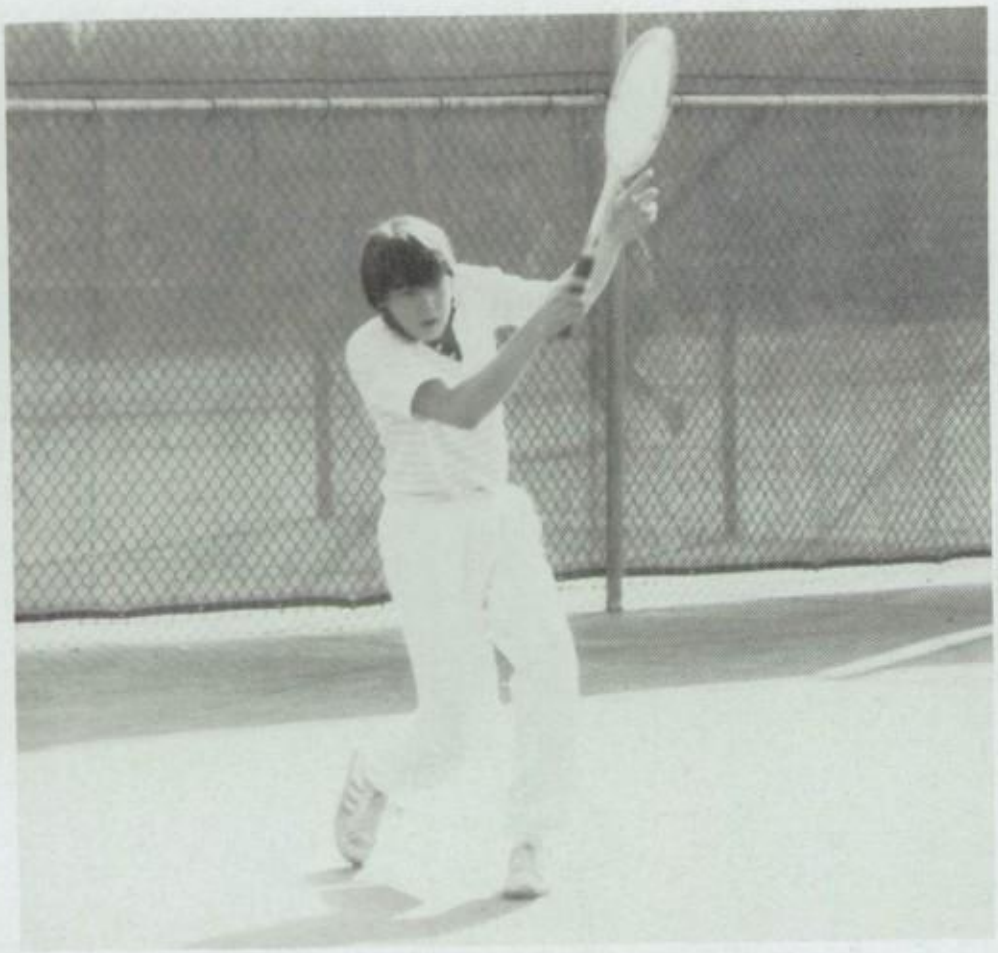
Boys Varsity Tennis: Front Row- Coach Ken Parker, Mike Arias, Albert Koong, Mike Posner, Richie Hollis, John Ashkarian, Assistant Coach John Weiner **Second Row-** Dave Parkinson, Rob Anderson, Alex Roubanis, Pete Searson, Rick Bytel



Lefthander **Mike Arias** really puts his all into hitting a high forehand. Keeping on your toes is crucial, in singles particularly.



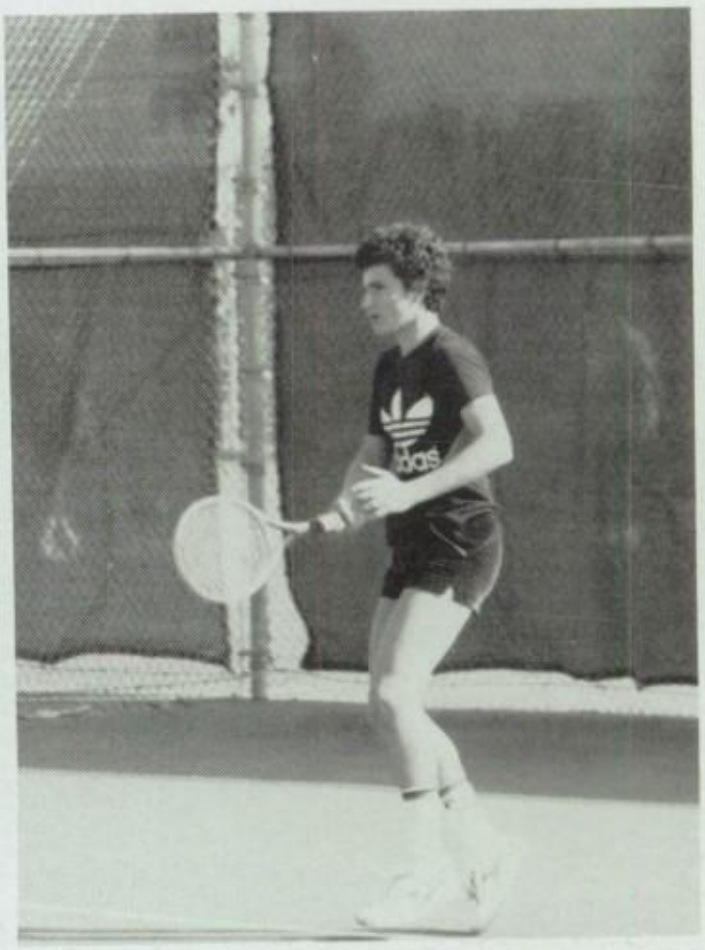
One of the top doubles teams in the league was **Mike Posner** and **Alex Roubanis.** The server must get to the net as quick as possible.



The always dependable **Richie Hollis** uses a variety of topspin and slice to confuse his opponent. A tennis player, as a pitcher, tries to change up the ball's speed.

Dave Parkinson and **Rob Anderson** proved to be an outstanding doubles team. Here, they take time out to joke about the previous point.

Boys J.V. Tennis: First Row- Scott Raber, Tom Hefferan, Jason Zommick, Erik Arias, Doug Flack, Devin Last, Chris Buonocore **Second Row-** Shawn Parsons, Mike Egan, Rob Wison, Darren Smith, Kurt Sava, Gustavo Leon, Scott Fernbach **Third Row-** Mike Kasumovich, Anurag Chandra, Rob Gerhardt, Erik Garthwaite, Chris Bole



Freshman Rob Krasucki was an outstanding addition to the team. He ended up as one of the league's top players.

THE TENNIS TEAMS SWING INTO ACTION

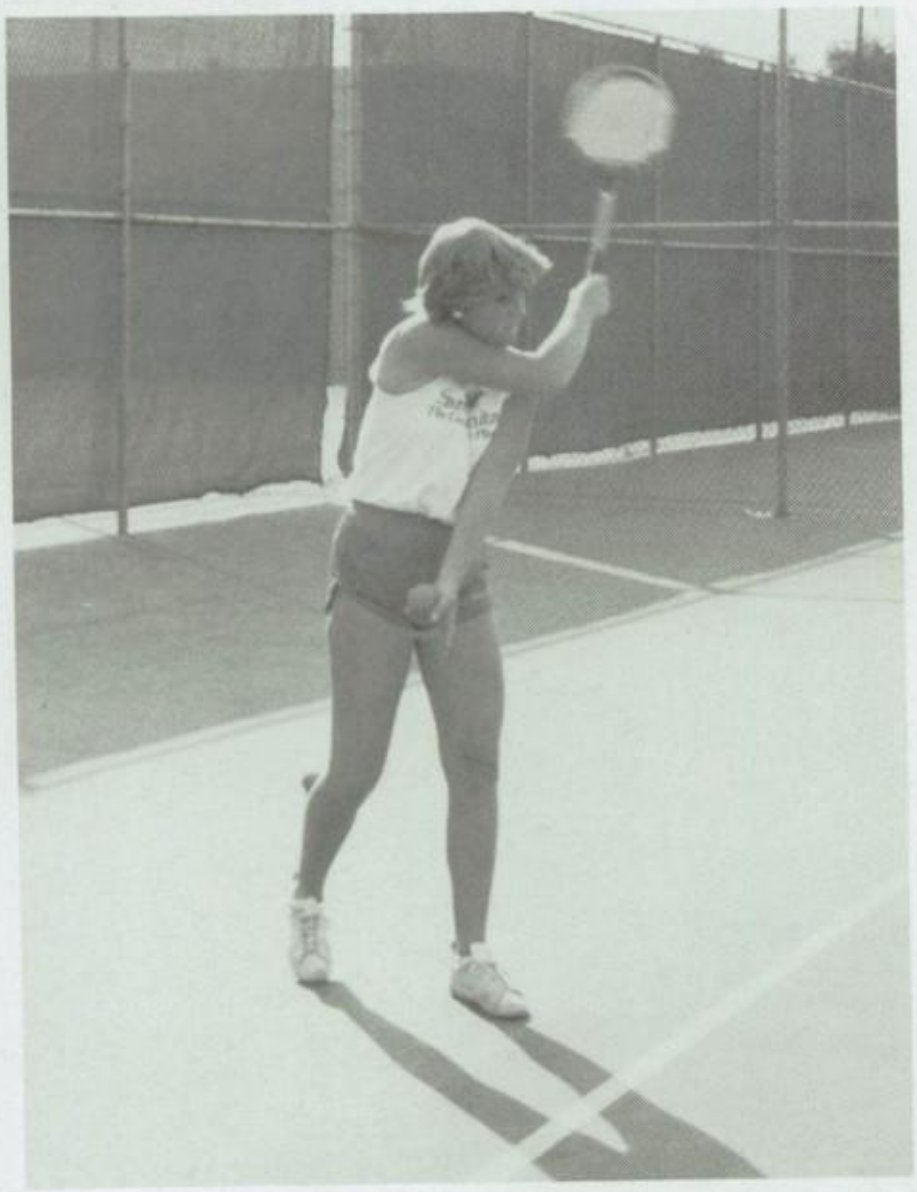
For the second consecutive year, the Girl's Varsity Tennis Team reached C.I.F. and competed most impressively. Recognition must go to those who truly deserve it, and this year Los Al has three team members who qualified individually for C.I.F. **Kim Green** and **Val Spinosa**, the number one doubles team, won the Empire League Doubles Championship while **Kelly Smith** came in second in the Singles Competition. Coach Ken Parker also deserves credit for his efforts and encouragement. With his outstanding tennis skills, he has helped his talented girls work to their full capacity on the courts. The J.V. Team, coached by Margie Bawden, also did well during the season. Her team finished second in the league with excellent promises for next year. Three freshmen on the J.V. Team this year deserve extra recognition, and they are: **Stephanie Pszyk**, **Melanie Wood**, and **Erica Huang**. Both coaches and players worked together for another great tennis season.

Pam Maurer hits a good hard shot while her teammate **Teri Loe** waits anxiously for the returned ball to come over the net.

Judy Koong, **Teri Loe**, **Terri Johnson**, and **Kim Green** are all great friends as well as tennis players, and definitely "Love Tennis".

Varsity Tennis: Coach Ken Parker, Pam Maurer, Terri Johnson, Teri Loe, Kim Green, Kelly Smith, Val Spinosa, Judy Koong, Elizabeth Hewitt, Michele Alarcon, Stephanie Hawthorne, Helen Kim, and Manager Kristin Olin

Teri Loe has great form and concentration as she serves and hits the ball, placing it perfectly on the other side of the net.



Suzanne Welter warms up for her J.V. tennis match by practicing her awesome forehand return. Suzanne really likes being on tennis.

Heather Gergen is putting on her backpack and is getting ready to board the bus for her away tennis match. Heather looks determined to win today.

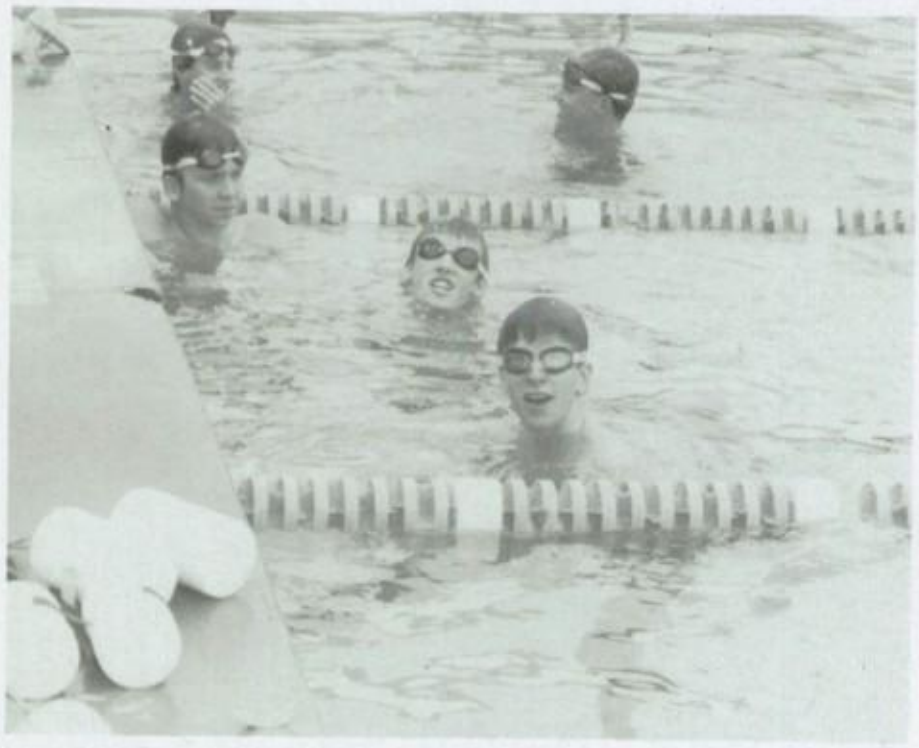
Girls J.V. Tennis: Front Row-Erika Scott, Heather Gergen, Joy Fernbach, Ellen Bloom, Suzanne Welter, Stephanie Pszyk, Erica Huang **Second Row**-Coach Ken Parker, Coach Margie Bawden, Susie Kiker, Deana Resh, Lisa Mulhardt, Deanna Benstead, Melanie Wood

Joy Fernbach is telling her teammates to wait for her while she puts on her K-Swiss tennis shoes for the tennis match she is about to play.

METERS SWUM IN STYLE BY AQUAMEN

The Boys Varsity Swim Team worked tremendously hard to uphold its reputation as being one of the major Empire League contenders. The team played exceptionally well against other Empire League powers. Returning to the team this year were starters **Adam Summers** and **Sean Wiggins**, who was chosen by his teammates to lead them throughout the swim season.

The Junior Varsity Swim Team, made up of 16 young men eager to win, displayed fine qualities in sportsmanship, as well as fine talent and skill in their swimming abilities. Coach Ploessel worked diligently with both teams and helped encourage these champions to excell to their limits.



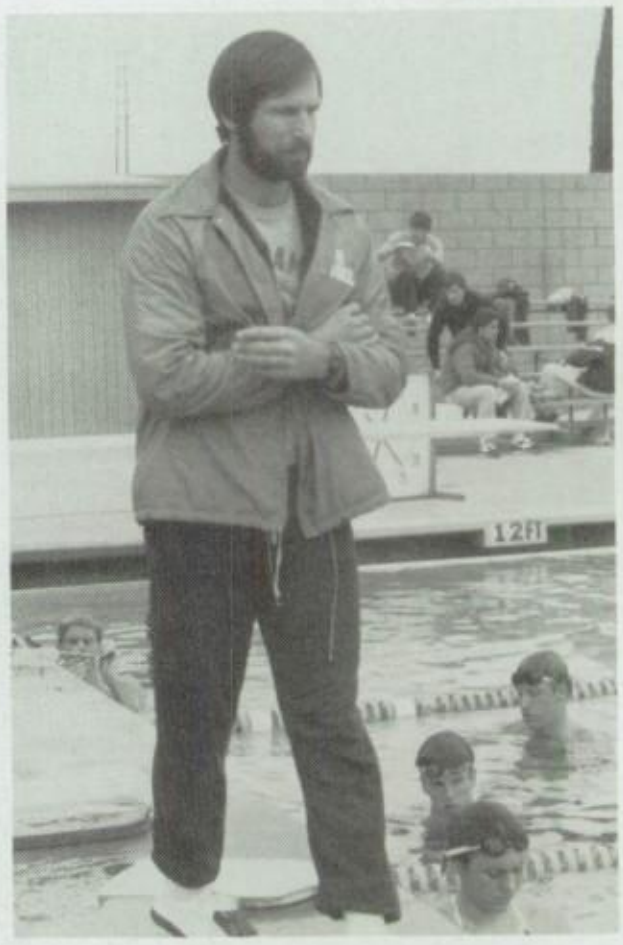
Mark Alpert, Adam Gregory, Chris Chapman, Sean Wiggins, and Phil Wyels take time out of practice to talk about swimming strokes and to compare times.

Derek Hobbs comes up for a deep breath after completing his 3,000 yard workout at practice. These practices take concentration and coordination, and can be quite tiring as well.

Pausing to psyche himself up for the upcoming freestyle heat, **Sean Wiggins** glances across the pool.

Boys Varsity Swim Team: Front Row- Mike Stea, Adam Gregory, Sean Wiggins, Phil Wyels, Andrew Shiner **Second Row-** Chris Chapman, Adam Summers, Jack Perisho, Lance LeCompte, Ricky Reed, Robert Fischer **Third Row-** Mark Alpert

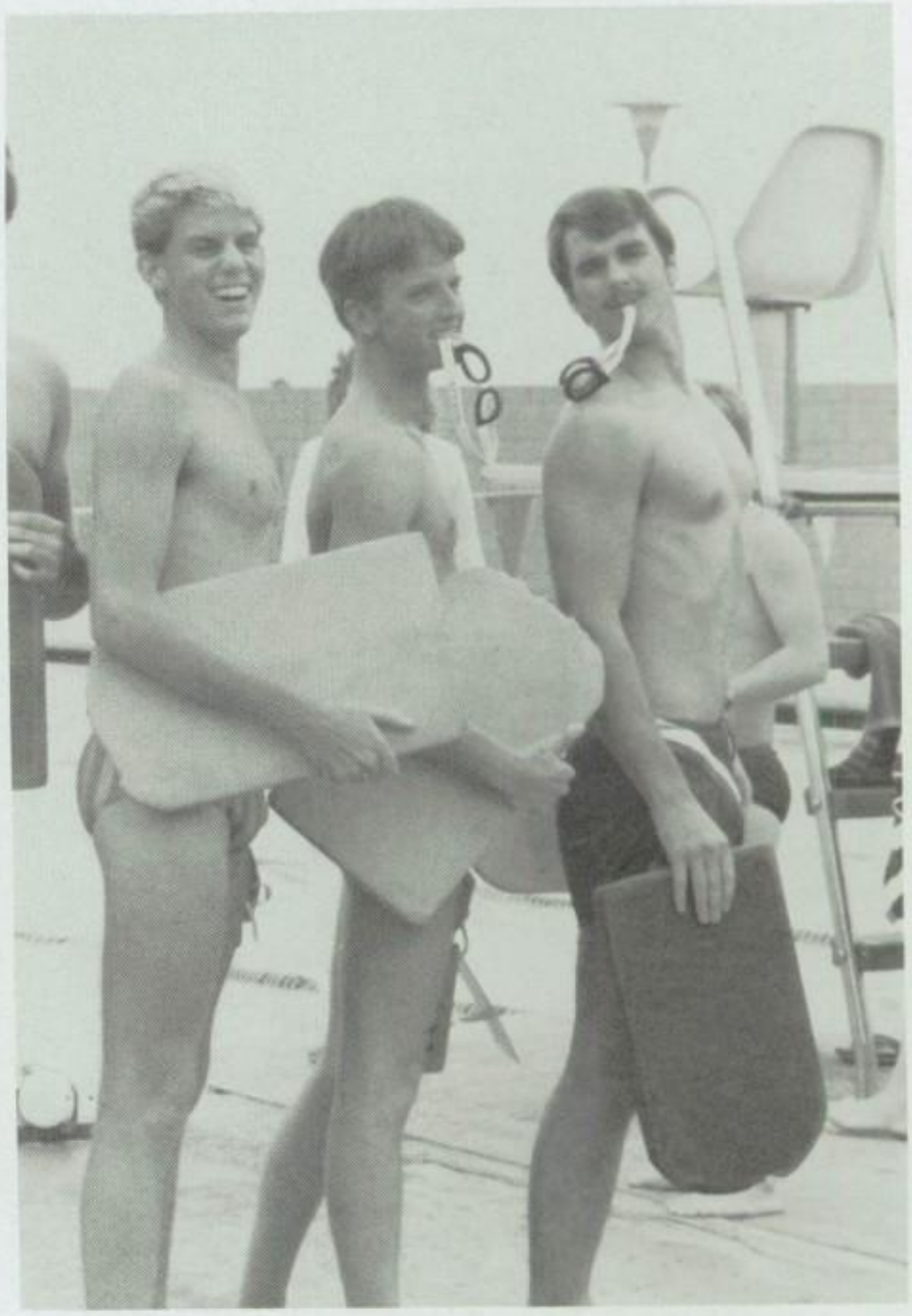
Boys JV Swim Team: Front Row- David Fusco, Robert Cassel, Mike Patrick **Second Row-** David Carpenter, Adam Torem, Adam Spizer, Paul Carter **Third Row-** Ken Ramseyer, Barry Sinclair, Chris Frewin, Ronny Reed **Fourth Row-** Scott Leonard, John Englert, Dan Gregory, Bret Reidy, David Bates



Swimming is a precise, demanding sport. Dennis Ploessel has the demanding job of overseeing and coaching the swimmers.

Adam Summers, a member of the varsity swim team, tries with all his might to break his time. Adam is one of the team's most valuable players.

Few sports are more exhausting than swimming. **Sean Wiggins** will probably be very relieved to finally get out of the pool, knowing he has tried his hardest.



Varsity swim team members **Adam Gregory, Phil Wyels,** and **Jack Perisho** walk over to the pool equipped with their kick boards and their fashionable designer goggles.

GIRLS GO RUNNING

As the years have passed, track has been an outstanding part of high school sports and it is still going on strong with runners such as **Tammy Young** and **Alice Craven** to put the hard and tough work in to keep the spirit of girls' track going strong.

This year's track teams have held their own through all the meets they have had. They kept their feet moving at full pace after many days of strenuous work and tremendous pain, which is what is demanded of you if you want to do well at running.

Girls' track is a very rewarding sport, by every means, but you have to work for it and this year the girls teams have made themselves very proud of what they are and can be. By pushing themselves across the hurdles and over the high jump with grace and beauty, the girls all have shown their great ability to withstand the extreme pressures of running, and the work it takes to finish the very goals they have set out to accomplish.

April Alvarez, Tammy Young and **Renee Shivers** practice handing off batons for the relay race, which must be done quickly and precisely.

Debbie Kanow displays her quick and perfect form in the hundred-yard-low-hurdles, as a few team members observe and cheer her on.

Stretching out before practice is important to do before running or jumping activity. Track team member, **Debbie Kurtela** displays her flexibility as she stretches out before running.

With a burst of speed, **Debbie Kurtela** pants heavily as she runs towards the finish line with the look of victory in her eyes.

Girls' Track: Front Row-Stacy Lee, Rose Ann McIntyre, Debbie Kurtella, Debbie Kanow, Jane Chen **Second Row**- Lori Heinselman, Susie Kuzmich, Judy Chevez, Joy Whitney, Mary Halal, Alice Craven **Third Row**- Renee Shivers, Julie Francis, Tammy Tober, Sally Howes, Tammy Young, Leoma Lovett, Staci Scott **Fourth Row**-Lisa Kanasi, Lesley Durkee, Julie Campbell, Terri Garcia, Cassie Beyer, Evie Scaldra, Illina Alanes, Jennifer Martins, Lori Jack

Denise Blankenship and **Ivy Chow** listen carefully to their swimming coach, Miss Debbie Gruff, while she explains their next set.

GALS SWIM TO WIN

The Girls Varsity Swim Team returned with outstanding talent, prestige and determination. Led by Senior, **Bonnie Reynolds**, using the talent of freshman, **Shari Carll**, and included other returning swimmers such as **Julie Gilchrist**, **Fiona Sinclair**, and **Elizabeth Schuck**. The team looked forward to a new Empire League Championship this year, for they had started off to a good start form the begining.

The Freshman/Sophomore team led by **Rhonda Peterson**, made its way to a big success. Their outstanding medley relay teams and swift-moving individual races swam by **Shana Hassen-Reep**, **Kelly Chaides**, **Denise Blankenship**, **Ivy Chow**, **Debbie Namm**, and **Annette Kellogg** were, from the beginning, working with great excitement for their first league championship together as a team.

Because much endurance and strength is needed when she is competing during swimming meets, **Shari Carll** has learned to master free style through much practice and constant work.

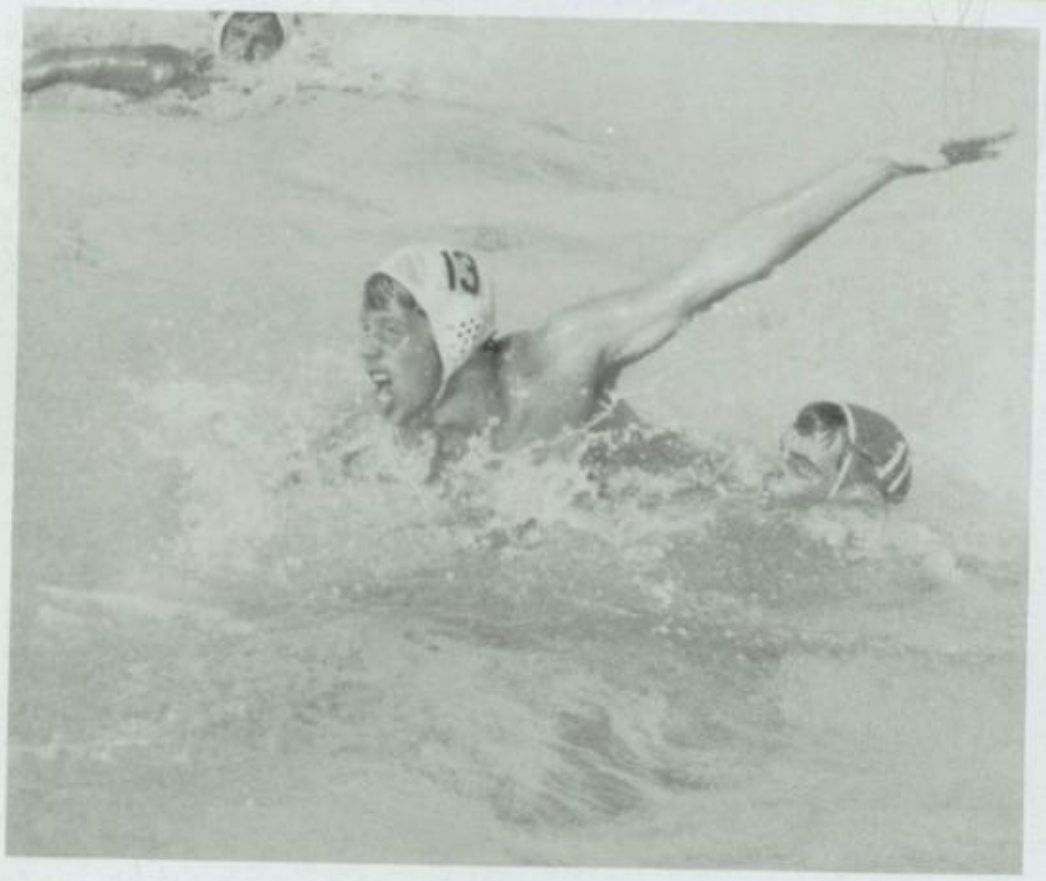
An important stroke in swimming is the breast stroke, which is difficult and requires a great amount of strength. **Rochele Adams** executes this technique with perfect form.

Girls Swim Team: Sitting on diving board- Kelly Chaides, Donna Walters, Debbie Riedberger, Elizabeth Schuck, Shahana Hassen-Reep, Shari Carll, Rhonda Peterson, Regina Yogore **Kneeling**- Denise Blandenship, Annette Kellogg, Kristi Wingert, Julie Gilchrist, Fiona Sinclair **Sitting**- Susan Nelson, Ivy Chou, Wendy Rasmussen, Bonnie Reynolds, Elizabeth Fischer

Bonnie Reynolds takes time out to adjust her goggles before beginning her daily workout. She spends many hours after school practicing.

H_2O POLO PLUNGES INTO GREAT SEASON

The Griffin Varsity Water Polo Team had a great season this year. In league action the varsity team finished third out of seven league teams, with a five win, two loss record. The Varsity Team had several younger members, with only two seniors. The rest of the team was composed of four juniors and four sophomores. A.J. **Summers** and **Sean Wiggins** lead the team's offence this year, playing the left and right driver positions. **Philip Wyles**, a junior on the team, was named first team, All-League as a goalie. Philip was a major asset to the Griffin defense. The team made it to the second round of the C.I.F. playoffs by beating the Milikan Rams. The season was wrapped up when they lost to the Newport Harbor Sailors.



Sean Wiggins, who is one of the fastest swimmers on the Varsity Polo team, receives a pass and prepares to shoot the ball and score another goal.

Philip Wyles, who plays the goalie for the Varsity Polo team, blocks many goals and helps the team win the game.

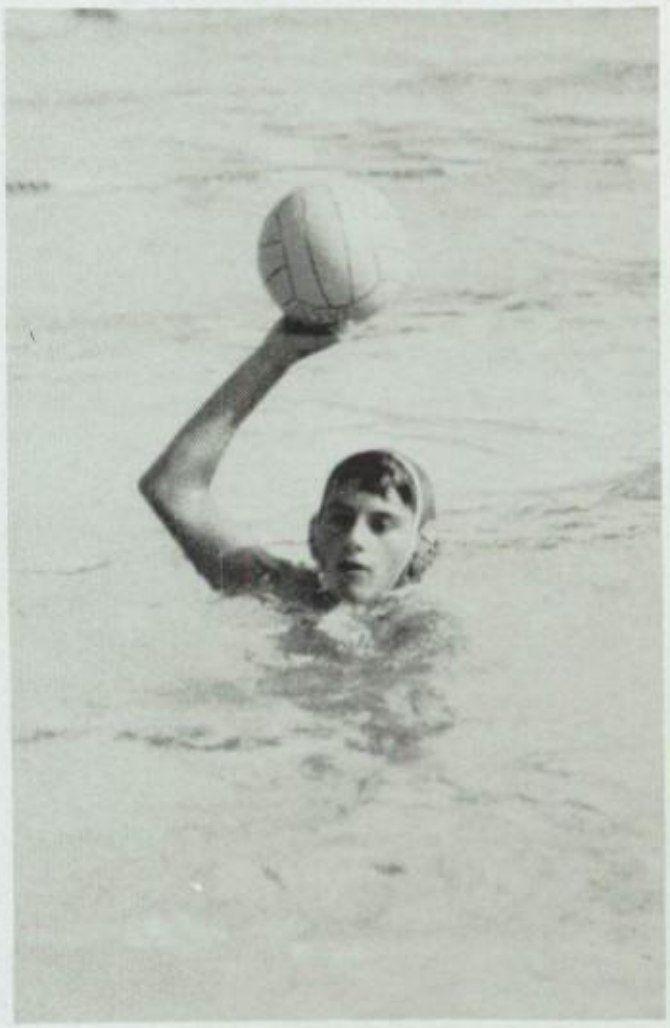
Jack Perisho, a good swimmer on the team, sets up the passing during the game in the "hole" man position.

Varsity Water Polo: Front Row- Mike Egan, Philip Wyles, Adam Gregory **Second Row-** Dan Gregory, Derec Hobbs, Scott Leonard **Third Row-** Sean Wiggins, Dave Bates, **Fourth Row-** Adam Summers, Jack Perisho

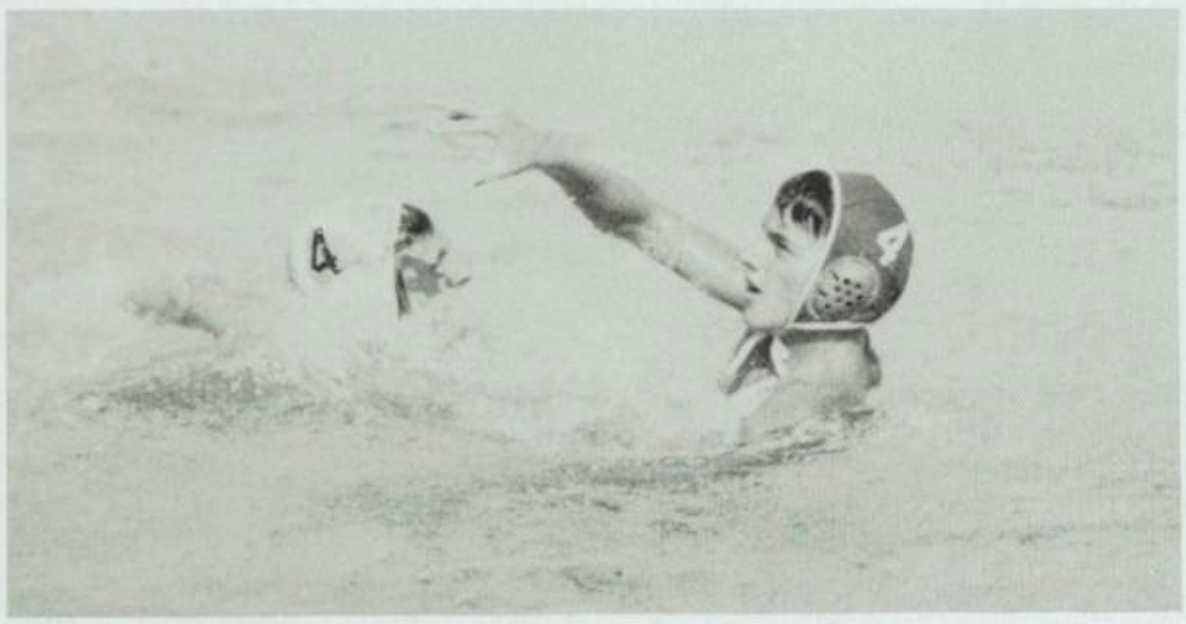
As a member of the other team attempts a shot, **Philip Wyles** extends his arm and prepares to block the ball. Goalie is one of the most difficult and demanding positions to play.

While the other players on the team move into position, **Dan Gregory** has to decide whether to pass the ball to an unguarded teammate or to dribble the ball himself.

Frosh/Soph Water Polo: Front Row-Andrew Shiner, Steve Mucciaro, Brad Reidy, Marc Alpo, Adam Torem **Second Row**-Ron Reid, Feona Sinclair, Mike Pattrick, Eric St. Martin **Third Row**-Dave Fusco, Ken Stauch, Barry Sinclair, Steve Kearny, Lance Lecompt **Forth Row**-Tom Sanders, David Carpenter, Mike Stea, Glen Reassekk, Ricky Reid, Robert Fischer



While searching for an unguarded teammate to pass the ball to, **Mike Pattrick** quickly escapes the guard of his opponent.

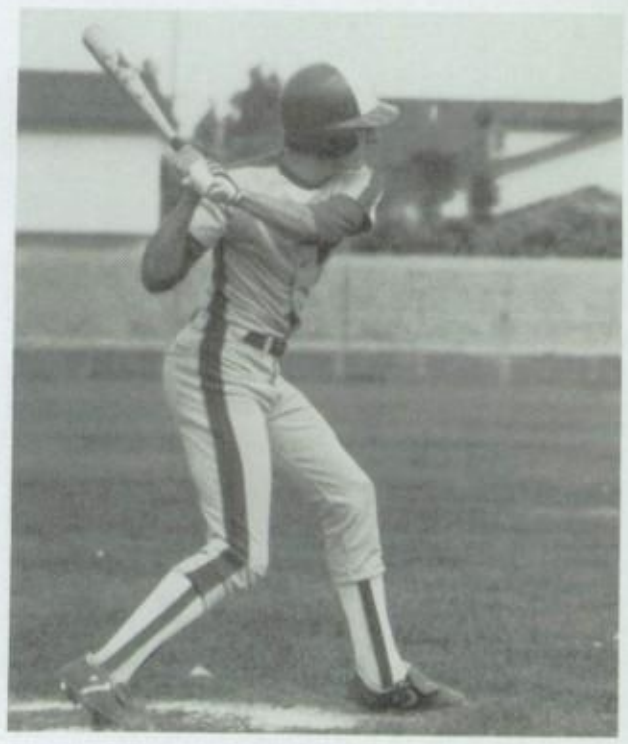


Using his legs to keep him afloat, **Mike Pattrick** makes a pass while being closely guarded by a member of the other team. Passing is a very important part of the water polo game.

JOCKS SLIDE INTO VICTORIOUS SEASON

The 1982-83 Varsity Baseball team was an outstanding team in all phases of the game. They hit and ran when it was needed and their defense pulled together everytime. The team members have been together since they were sophomores. For them to be successful in the tough situation that occur in the game, togetherness was vital. They opened their season with a victory against Irvine and placed high in the standings in the well acclaimed Loara Tournement. In the Empire League they faced tough opponents week after week. With the league being the most competitive league in Southern California, outstanding efforts were non-stop when Los Al played. The teams hopefuls for all-league honors were **Lazaro Inguanzo**, for his outstanding fielding. **Mike Cimmarrusti** for his pitching and **Steve Clark** for his hitting; but the teams' players were outstanding in their own individual positions.

Varsity Baseball: Front Row- Paul Waechter, Steve Clark, Lazaro Inguanzo, Eddie Foster, Jeff Nicks **Second Row-** Vincent Cardiel, Brent Erickson, John Wall, David Houck, Andy Hermann **Third Row-** Russ Wendell, Rick Vanderhaar, Pat McIlrath, Keith Kaub, Brad Hirst, Mike Cimmarrusti, Coach Al Gragnano.



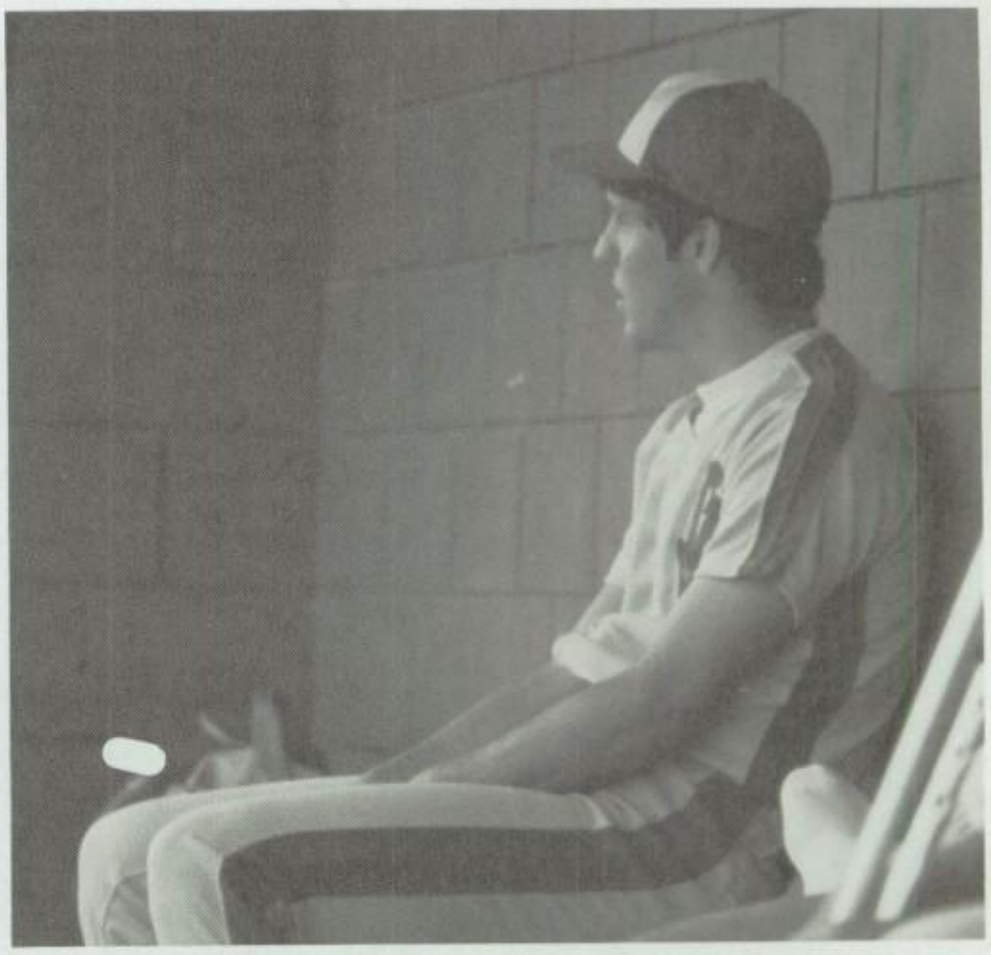
While waiting for his turn at bat, center fielder Brad Hirst practices his swing at full force.

Third baseman **John Wall**, waits with full concentration to enable himself to field any ground ball hit his way. His mobility saves many tense situations.

Lazaro Inguanzo rushes to field a ground ball under control, to throw the runner out with ease. Lazaro possibly is the best short stop in the league.

Varsity Baseball Scores

6	Los Al	Vs.	Irvine	2
4	Los Al	Vs.	La Habra	4
5	Los Al	Vs.	Magnolia	6
12	Los Al	Vs.	Servite	4
6	Los Al	Vs.	Wilson	4
10	Los Al	Vs.	Wilson	6
8	Los Al	Vs.	La Quinta	7
3	Los Al	Vs.	Kennedy	4
1	Los Al	Vs.	Pacifica	2



After a hard afternoon of catching, Senior **Andy Hermann** sits down for a moment of rest. His catching all year round was consistant along with his hitting.

When **Bill "Big Bird" Ezra** is pitching, a good performance is always assured. Bill puts all he has in every pitch for a sure out.

Steve Clark is concentrating one hundred percent so he can put one "out." Steve compiled some impressive stats whenever he came up to bat, and was also a versatile player.

Junior first baseman **Keith Kaub**, charges the ball to make a play for an easy out. Keith took charge on the field all the time.

One of the team's most outstanding hitters, **Lazaro Inguanzo** concentrates intensely for a hit. Lazaro's attributes were countless in many game saving situations in quest for victory.

BOYS HIT TO WIN

While the Los Alamitos Baseball season started with several rained out games, both the Junior Varsity and Frosh/Soph teams went on to finish a successful season.

The Junior Varsity team, coached by **Mike Gibson** is composed of energetic and skillful boys. Junior **Cary Nance** leads his teammates with his leadership and expert playing skills. **Donn Fisher**, the new coach of the Frosh/Soph team, had high expectations for the year and the team proved him correct by having an outstanding season.

J.V. Baseball: Front Row- Richie Tyler, Gerry Mercaro, Steve Sherman, Steve Groff, J.T. Snow, Cary Nance, Billy Whitlock, **Second Row**- Stan Rout, Randy Hacker, Brian Dehoog, Tom Strawbridge, Jon Springer, Tom Schiada, Travis Tarchione, Rickey Nen, Coach Mike Gibson.

After catching the ball and making the second out of the double play, Ist baseman **Ricky Nen** throws the ball to the pitcher.

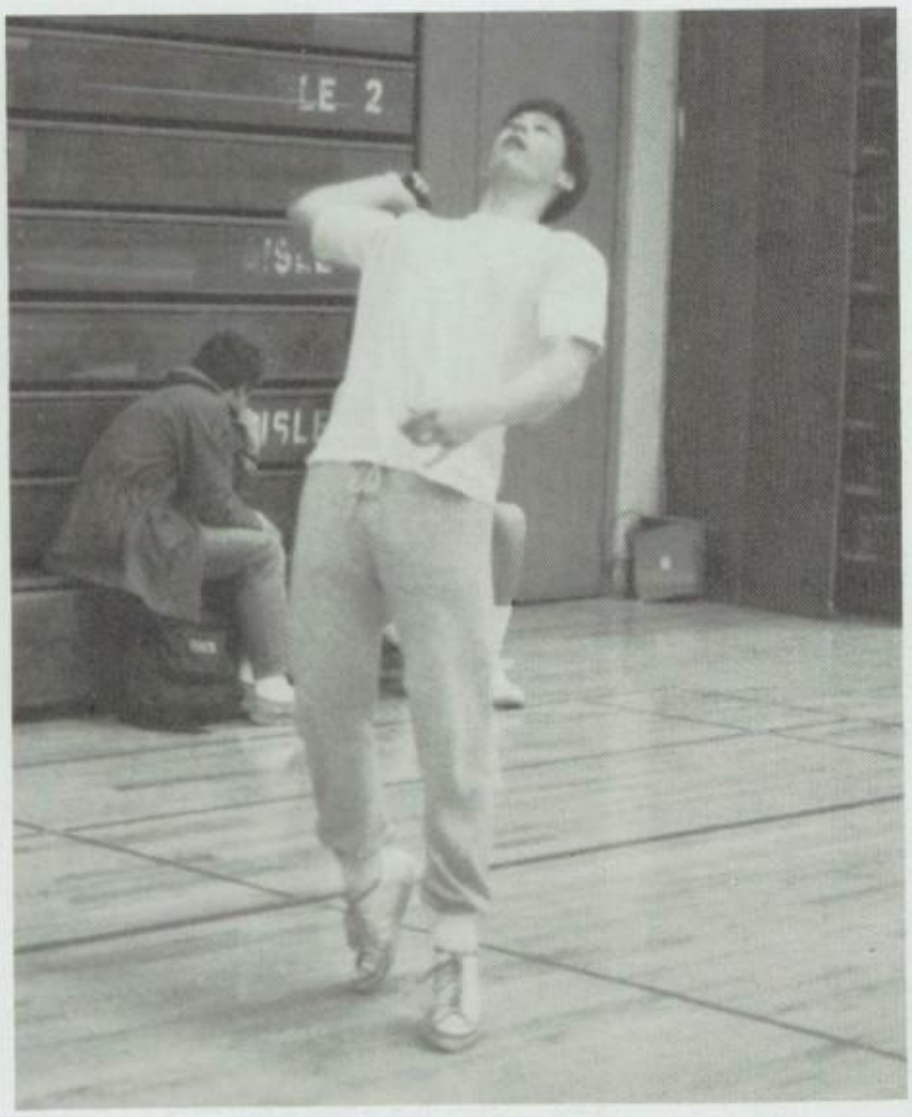
Frosh/Soph Baseball: Front Row-Ron Maag, Brett Soldano, Mark Houck, Daryl Baker, Rob Katzaroff, John Prussel, Mark Wolfe, **Second Row**- Chris Bingham, Don Smith, Kevin Jeanotte, Todd Tischler, Brooks Peters, Larry Reinking, Doug Hien, Mike Clark, **Third Row**- Don Dubry, Don Corwin, David VanWinkle, Mike Flanigan, Dan Waechter, Mark Schmitz, Gary Loe

In the middle of his wind up, **Randy Hacker** prepares to throw the ball at full force. Randy is a major factor in their success.

During a tough game, **Billy Whitlock** and **Cary Nance** take time to give each other pointers on their batting stances before their last ups.

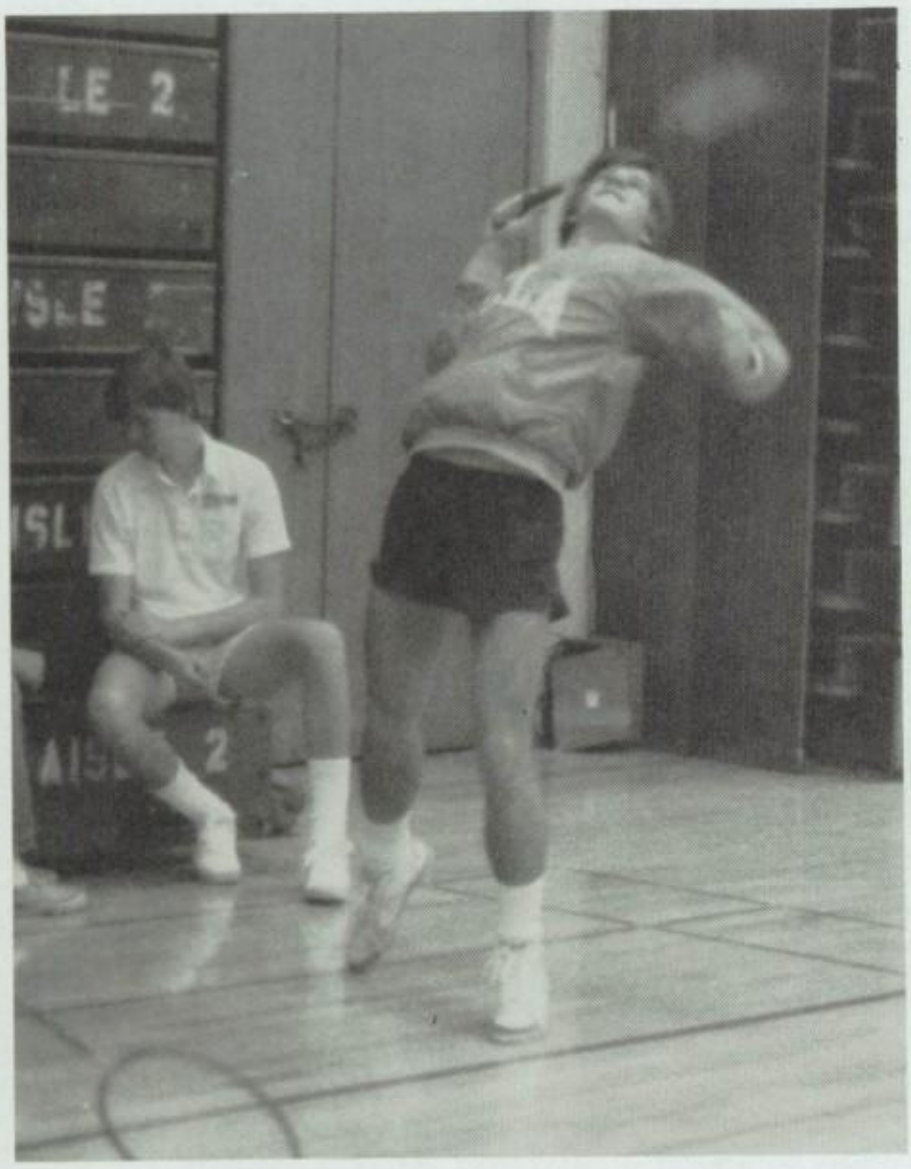
LA BIRDIES FLY

The Los Alamitos Badminton Team started out the year with great promise. Coached by Nancy Hagan, the team was very energetic and enthusiastic towards the game. The fans that went to the games really helped out with the moral of the team. Even though the sport has just recently come to Los Al, it is already gaining popularity. When asked, senior Eric Abrams stated, "I really enjoyed playing with these people, they are good friends, and good teammates."



Jeff Gardner is on his toes as he readies his racket to send the birdie flying upward. Speed and accuracy are essential in the game of badminton.

Badminton: Front Row- Karen Holstein, Julie Swanson, Vicki Land, Christine Dennis, Jill Fujikawa **Second Row-** Joel Singer, John Armijo, Mike Chen, Mike Hernandez, Pat Campuzano, Eric Abrams



In a dramatic pose, **Andy Morrissey** attempts to deliver a powerful serve during badminton practice in the gym. He has stayed after school many hours to improve his swing and stance.

Yurida Szabo and **Terri Johnson** wait expectantly for the opposition to serve the birdie. The badminton team at Los Al enjoys practicing and competing.

WRESTLERS PIN OPPONENTS TO THE MAT

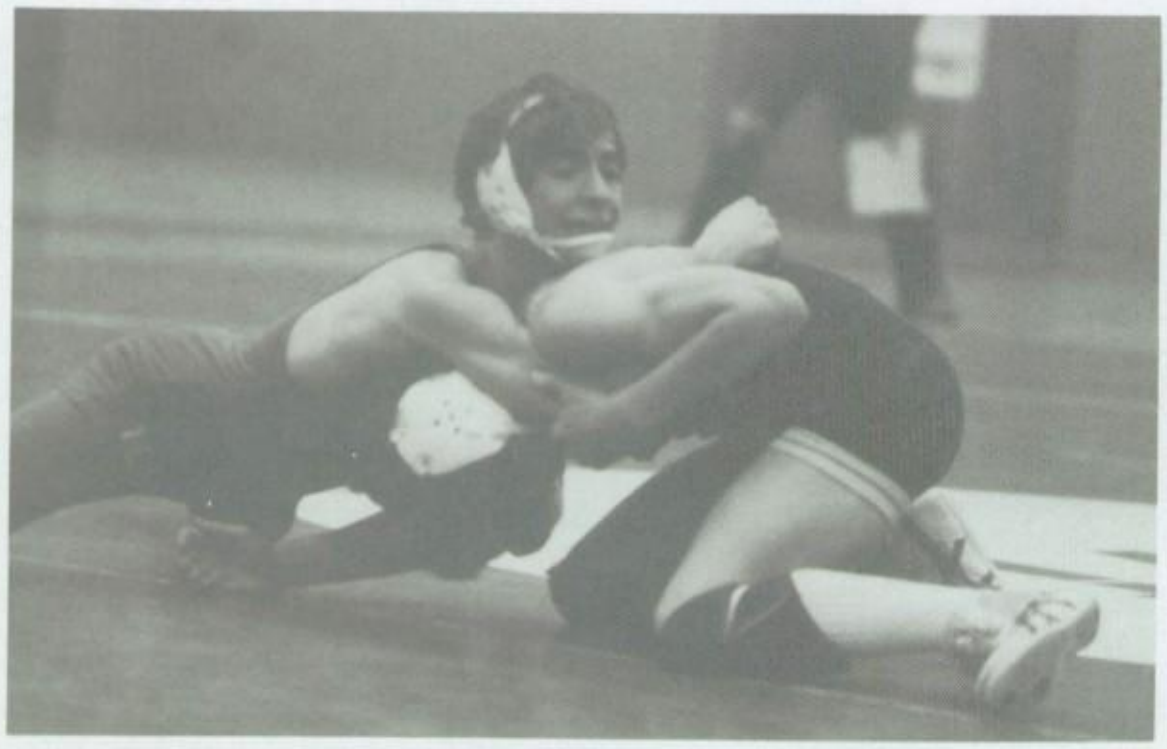
"Practice, hard work, and fun," is how **Tony Foster**, a J.V. wrestler, summed up the 1982-83 wrestling season. All three wrestling teams had very tough seasons. The teams were all filled with talent and all had very exciting seasons and can be assured winning seasons next year.

The Varsity Wrestling team consisted of **Glen Urata, Phil Avalos, Keith Lifshin, Craig Murray, Dirk Rippelmeyer, John Danvers, Kurt Rippelmeyer, Robert Brakke, Don Dequardo, Steve Allen, Jeff Allee,** and **Sherman Keller.**

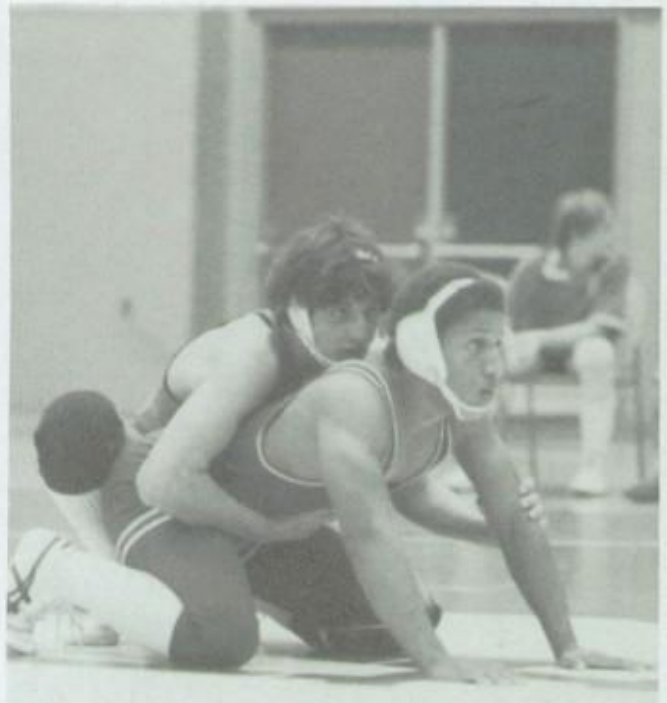
The J.V. team consisted of **Scott Welsh, David Sandoval, Mike Barton, Stuart Nakayama, Brian East, Tony Foster, Rich Morgan, Dave Vanwinkle,** and **Robert Gauvain.**

The Freshman/sophomore team members were **Mike Hernandez, Mike Asher, Pat Campazano,** and **Ashim Desai.**

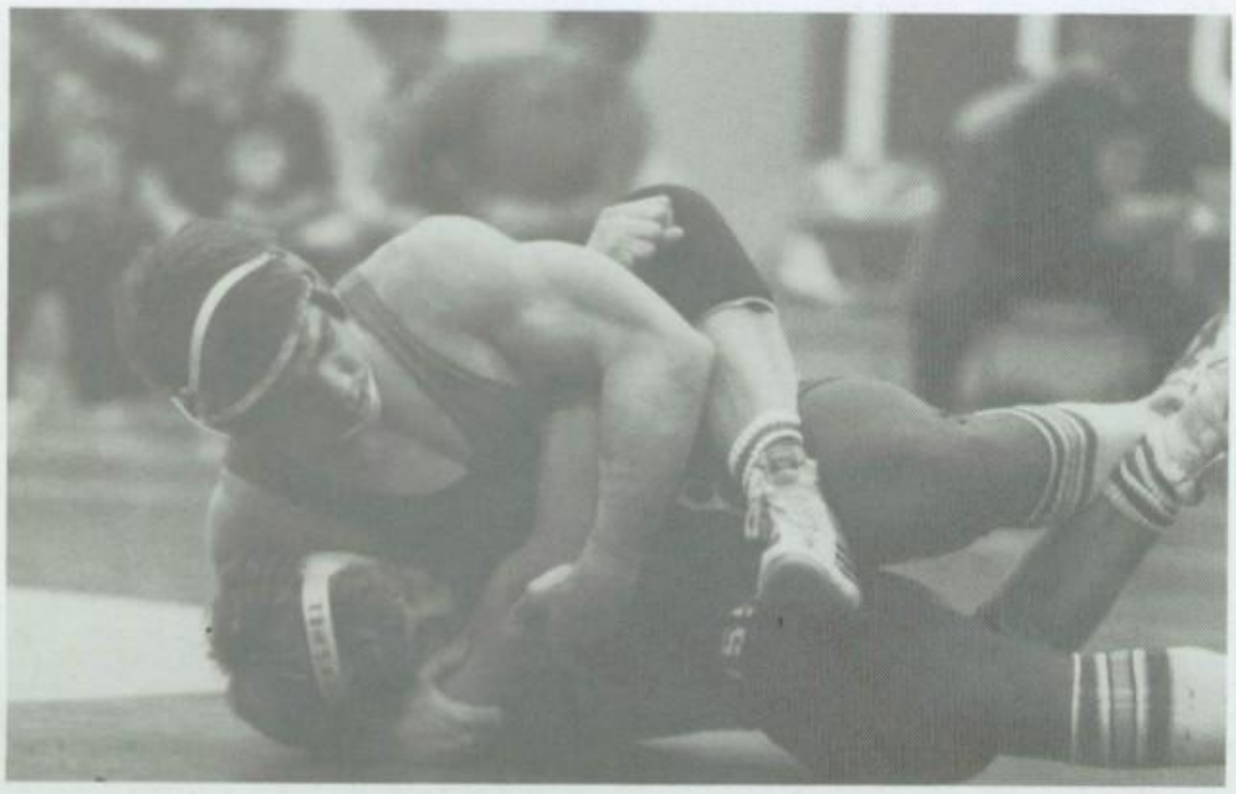
Barbara Heller, Diana Rush, Yurika Szabo, and **Thet Win** were responsible for keeping the stats for all three wrestling teams. **Coach Bowers** and his staff led the team to a very positive and rewarding season.



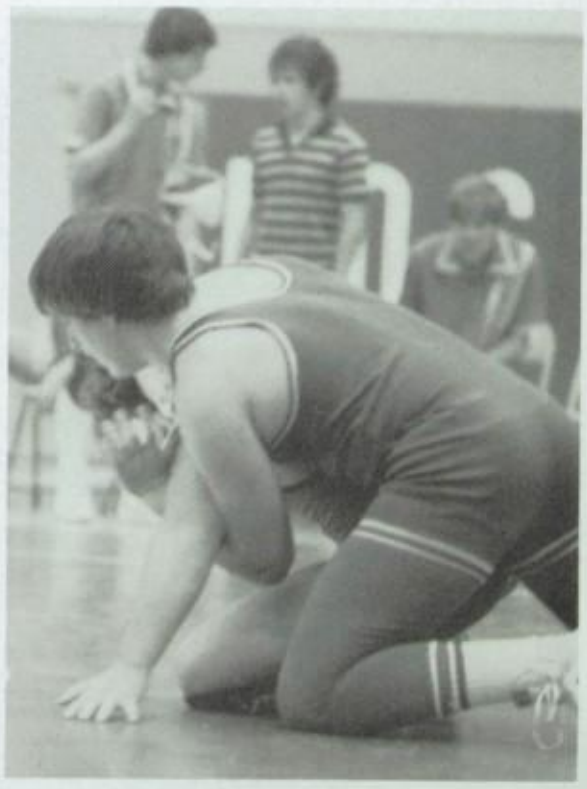
Co-Captain of the Varsity Wrestling Team, **Phil Avalos** with the look of agony on his face, attempts to sprawl away from a cowcatcher which his opponent has put unto him.



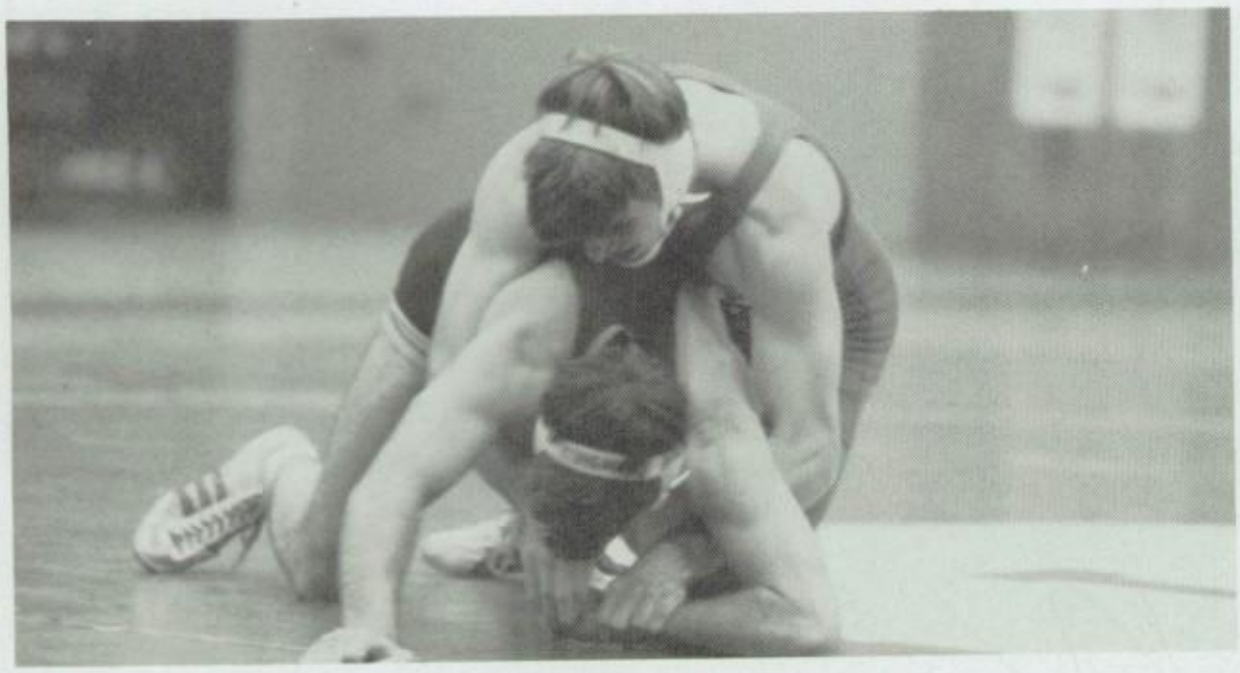
Tony Foster and an opponent from Cypress are just about ready as they wait in the referees starting position.



Co-Captain, **Robert Brakke** displays his leadership abilities as he puts his fierce opponent into a head and arm lock for the pin. Robert is planning on playing Varsity Football and Wrestling next year.

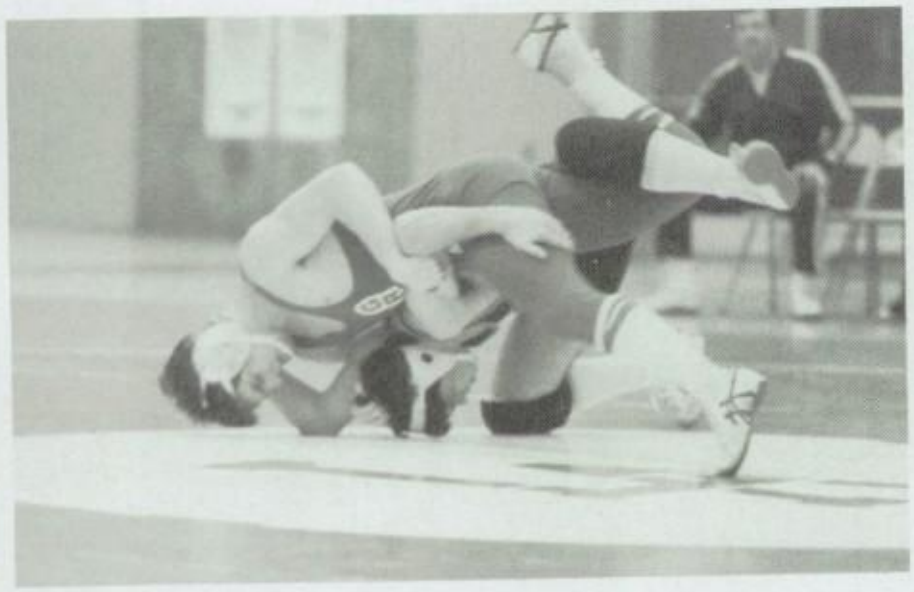


Robert Gauvain attempts to put his opponent into one of his favorite moves the half-nelson.

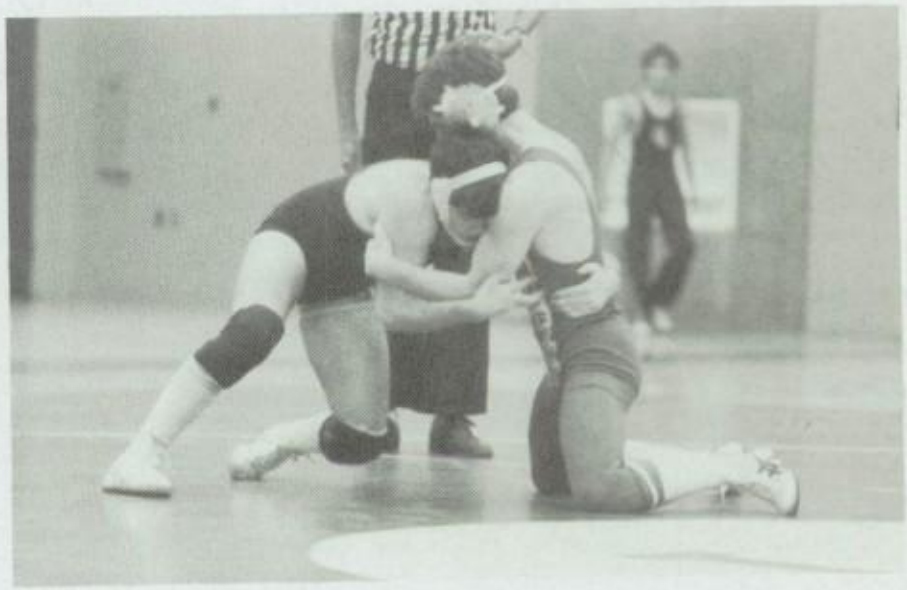


Trying to eliminate his opponents arm, senior **John Danvers**, puts a two on one arm grip on his opponent from Cypress with a successful outcome.

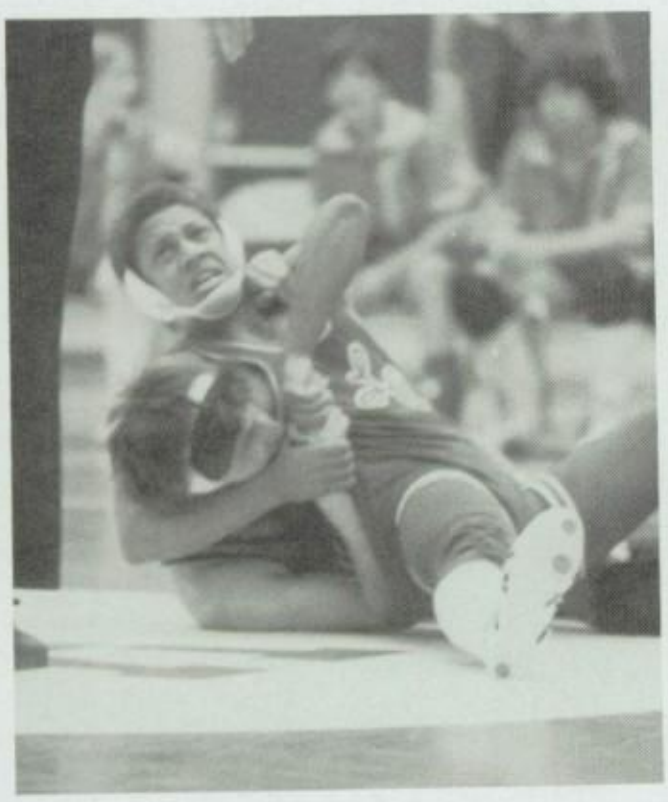
The lightweight on the team, **Glenn Urata** tries to leg ride his opponent for a pin.



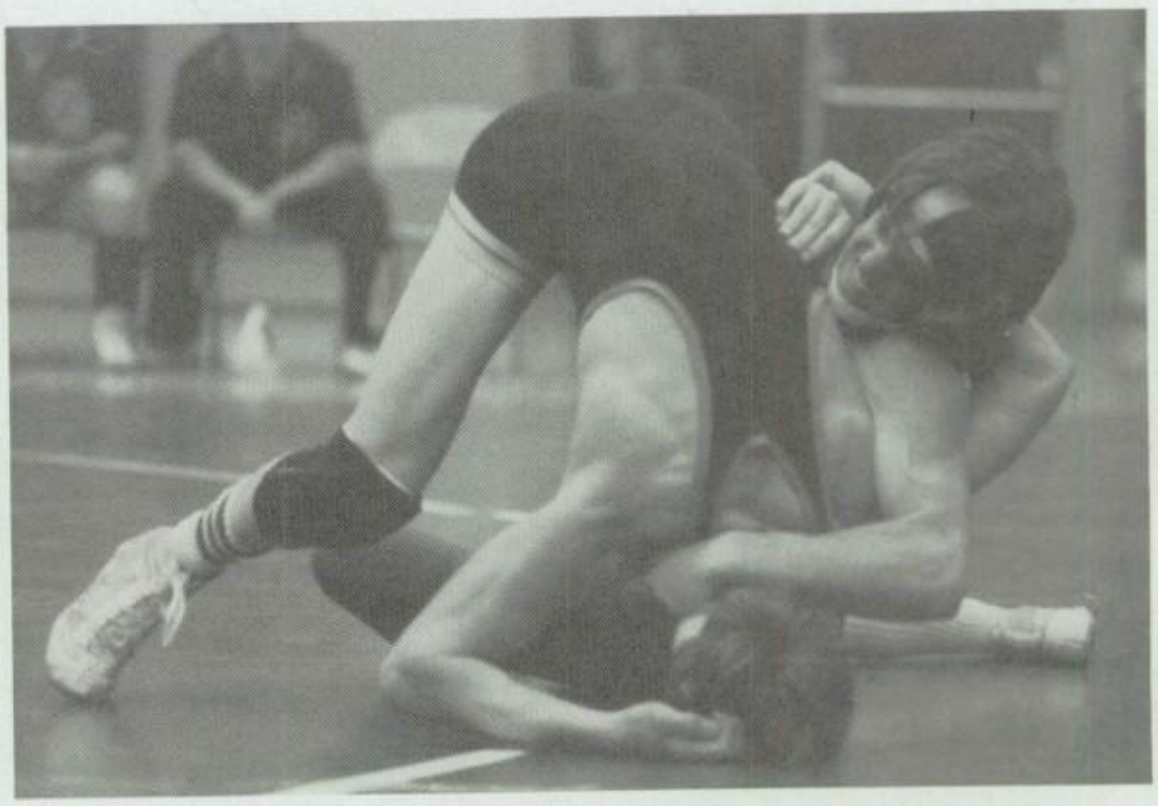
Using one of his very unique freestyle moves, **Dirk Rippelmeyer** successfully brings down to the mat his very tough opponent from Cypress High School.



Experimenting on his fierce opponent, **Dirk Rippelmeyer**, a junior, attempts a firemens move which he picked up from his bag of tricks.



Pinning his opponent successfully to the mat with a headlock, senior **Tony Foster** goes on to an easy victory.



Kurt Rippelmeyer, with the look of agony on his face, attempts to escape a chicken wing which his opponent has put unto him.

SPRINTERS EXCEL

Running cross country requires exhausting work. Demanding, unyielding training is the only key to success. These girls dedicated themselves to hard work all season in order to be strong competitiors in their duel and invitational meets. Every member on the team put in two to three hours every day during the season to improve their abilities. The dedication of Girls' Cross Country athletes like seniors **Rose McIntyre** and **Jane Chen** and returning juniors **Debbie Kurtela** and **Debbie Kanow** was seen in the season tally.

The team often sits around before and after meets to discuss the strength and weaknesses of the team and how they improve their techniques.

Coaches Gragnano and Vickers

Cross Country: Front Row- Julie Francis, Jane Chen, Illina Alanes, Coach Gragnano **Second Row-** Rose McIntyre, Evie Scalora, Debbie Kanow, Debbie Kurtela

Boredom is one of the discouragements of long distance running, but with each others company, **Debbie Kurtela** and **Debbie Kanow** make running a fun and friendly experience.

Alice Craven warms up her legs prior to a cross country race. Warming before running is essential in order to prevent injury.

SENIORS EXCELL

1983 proved to be an exciting and tremendously successful year for our sports teams. One of the reasons for their success had to be because of our outstanding senior athletes. We had many great seniors this year; too many to name, in fact. A group of ten Griffins are worthy of praise because they excelled in individual and team sports. Coaches and teachers recognized their efforts in class as well as on the field or court.

Stephanie Hawthorne
Tennis

Lisa Falsken
Basketball, Volleyball

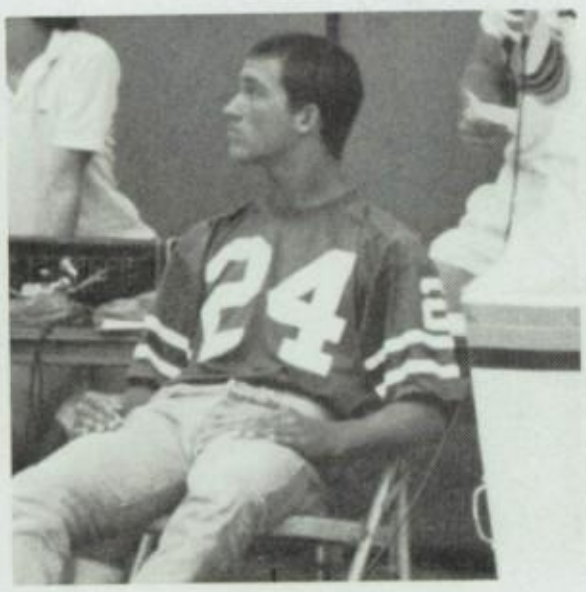
Bonnie Reynolds
Swimming

Mike DePrez
Basketball

Chuck DuBourdieu
Soccer, Football

Andy Hermann
Basketball

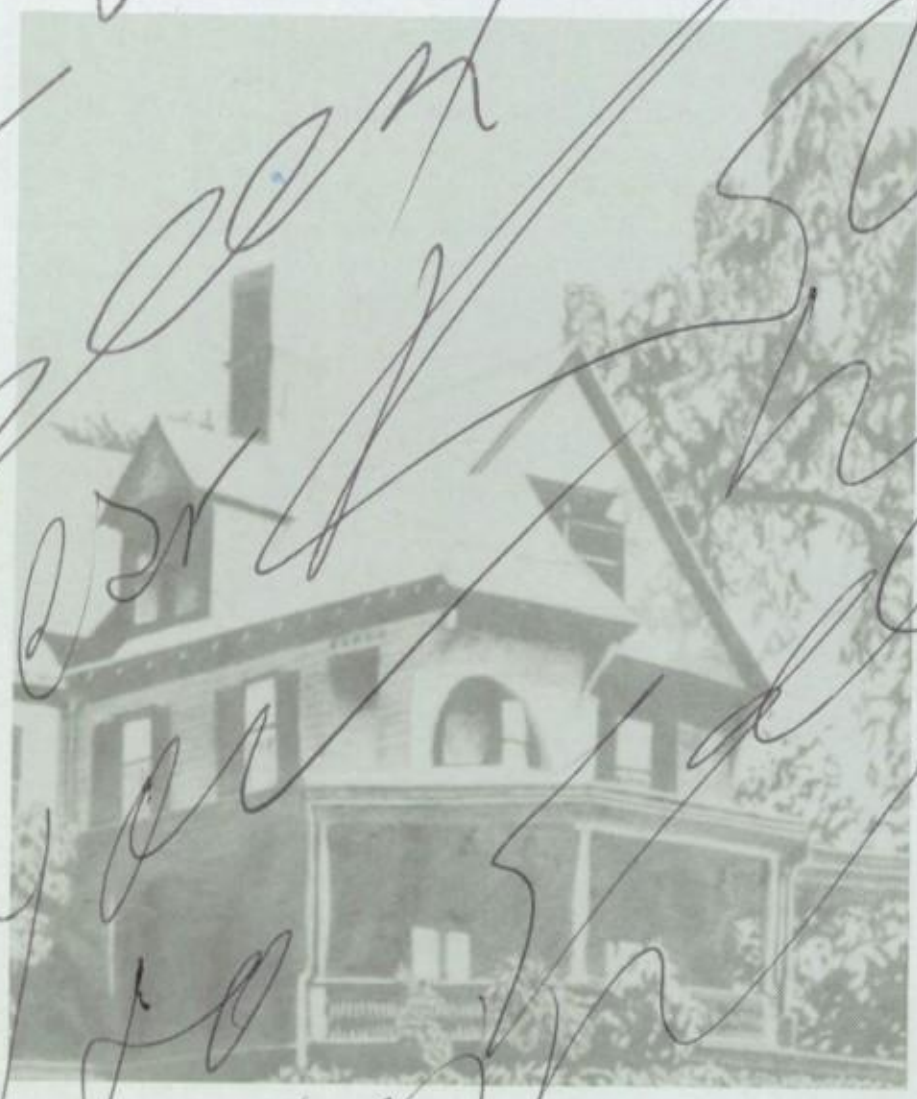
Sean Wiggins
Water Polo



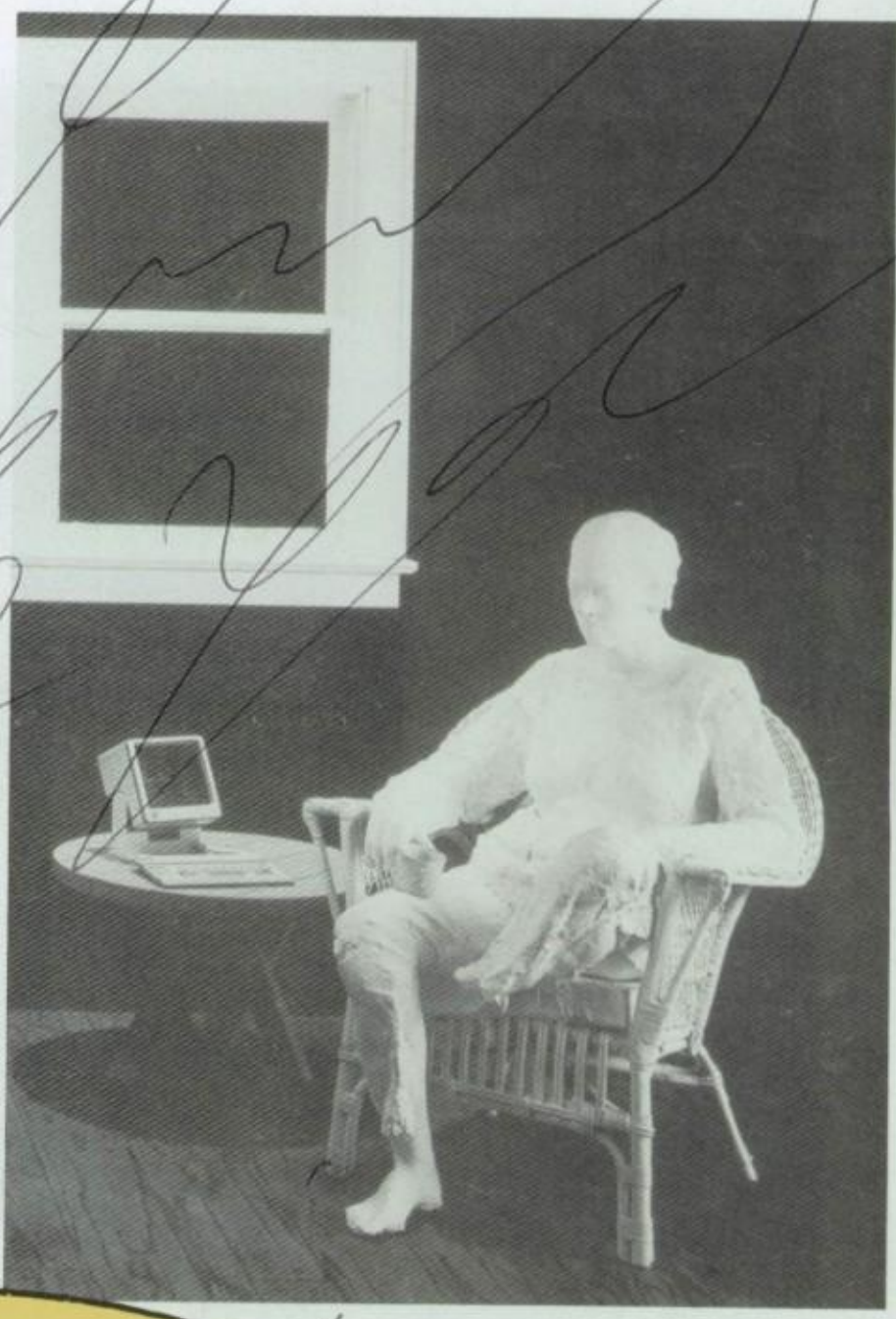
Joe Kimball
Football

Yvette Molina
Volleyball

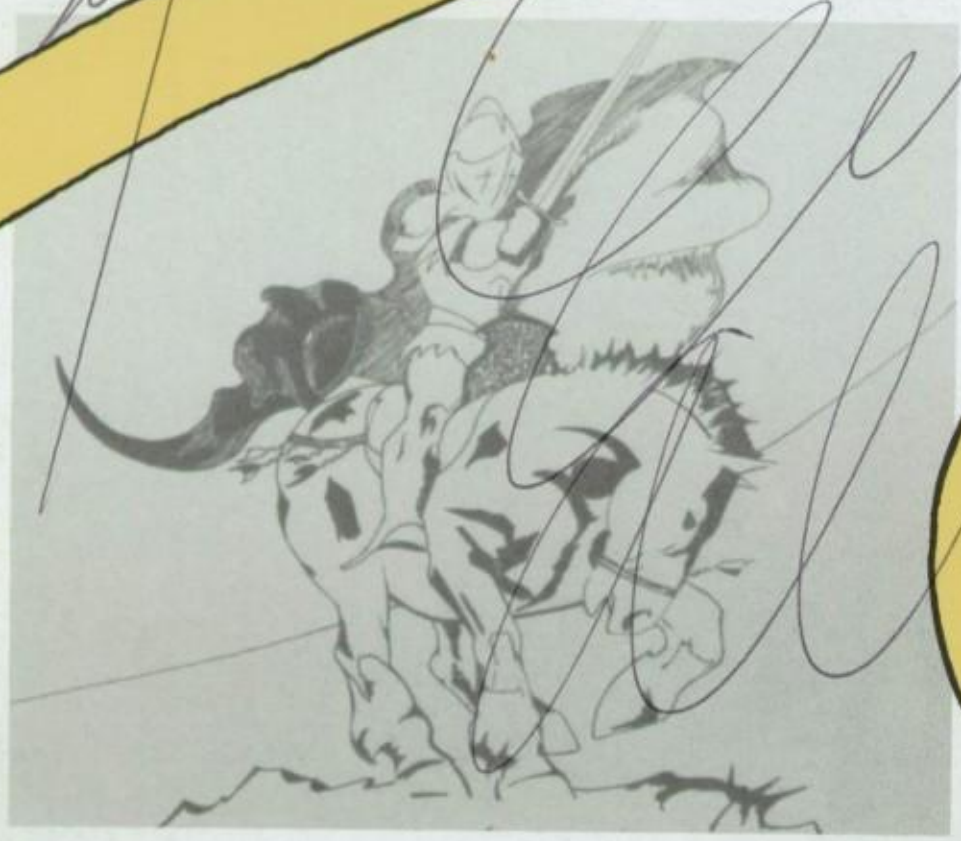
Mark Junkermann
Cross Country, Track



Erin Young



Time Magazine



Jon Gorton

Daggers
flying through the darkness
piercing it
letting the light come flooding
in
not slowly
like dawn breaking
but quickly
like a light being snapped
on in a room of pitch black
eyes are shielded
blocking out some light
but not all
pieces of reality come fliter-
ing through
don't let it in all
at once.

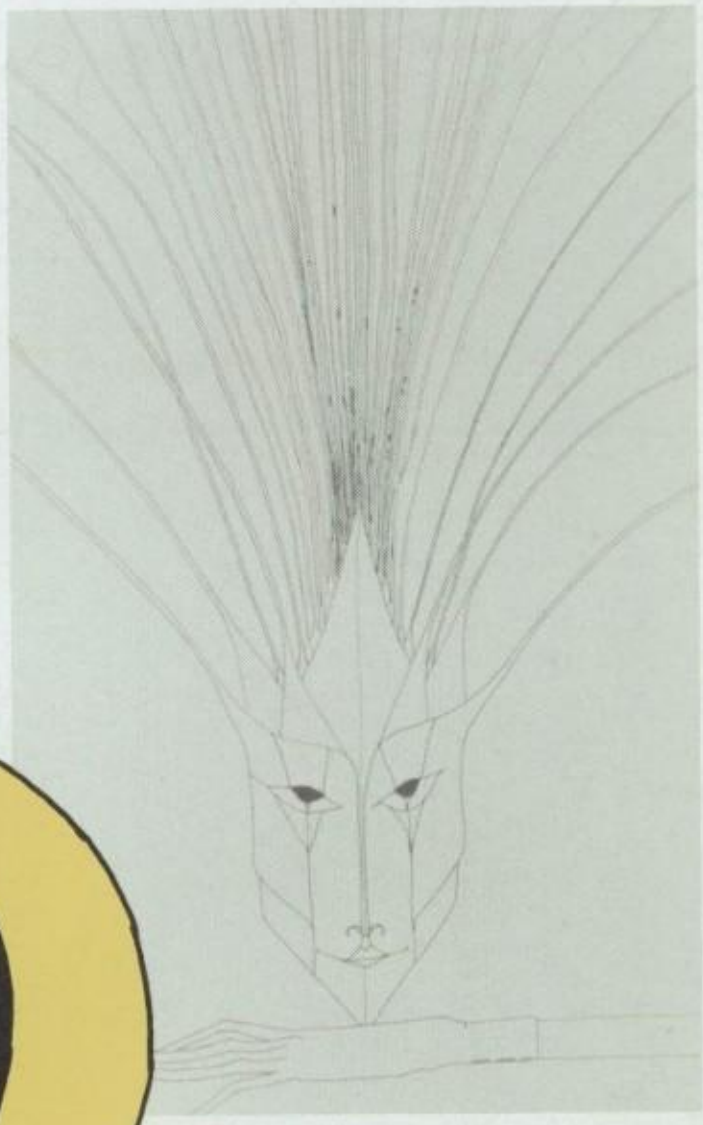
-Staci Mordesich

Artistic Design

Gwen,
Even though we just met at the prom you seem like a very lovable person. You seem like the party-hard/ type so I'll be seeing you this summer and perhaps know you better. Have a great life
Tom Tony Foster

Dan Saxon

Chris Frewin



Nonnie Skeele

Poems-Memories

Poems, they are too heavy to carry, yet too painful to write.

They carry your thoughts like a computer disc. When you read back through them, memories come out extremely vividly. Good and bad alike blending together.

When you try to think you see a convoluted mess.

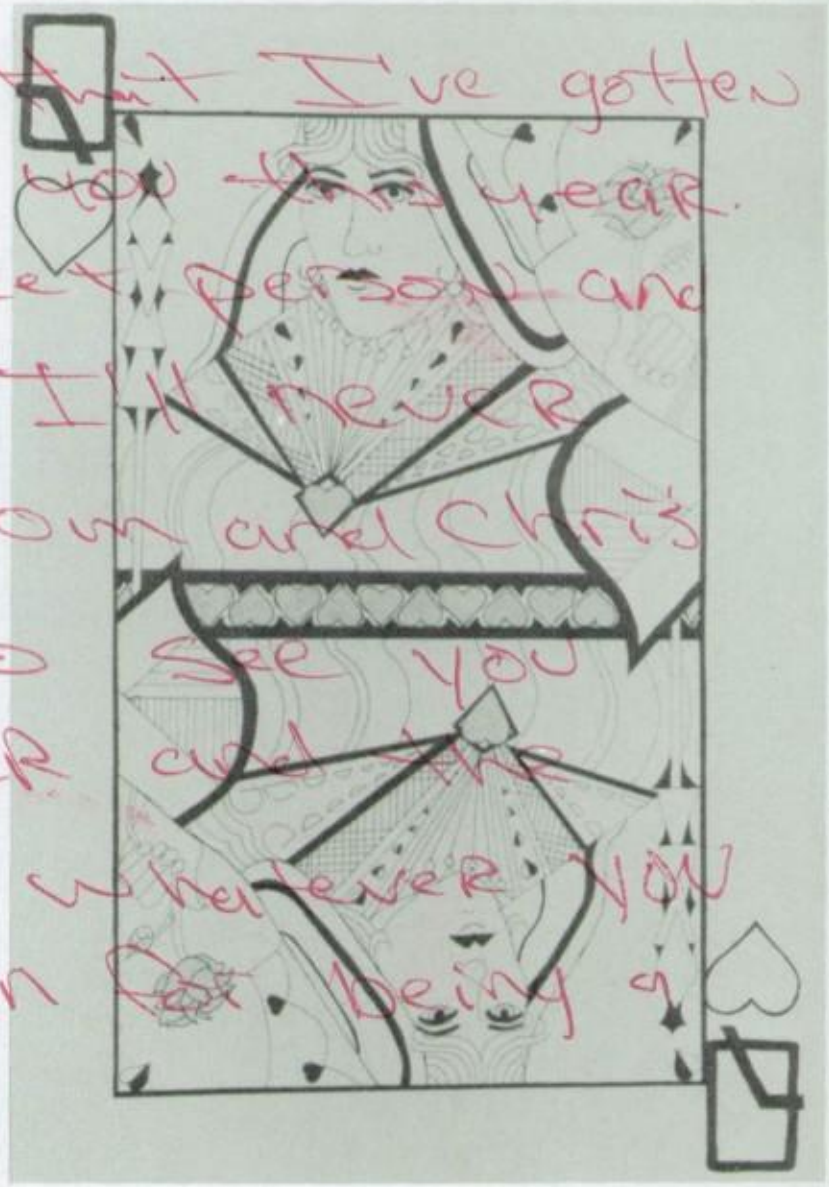
No worries, just look ahead.

-Mike Rawls

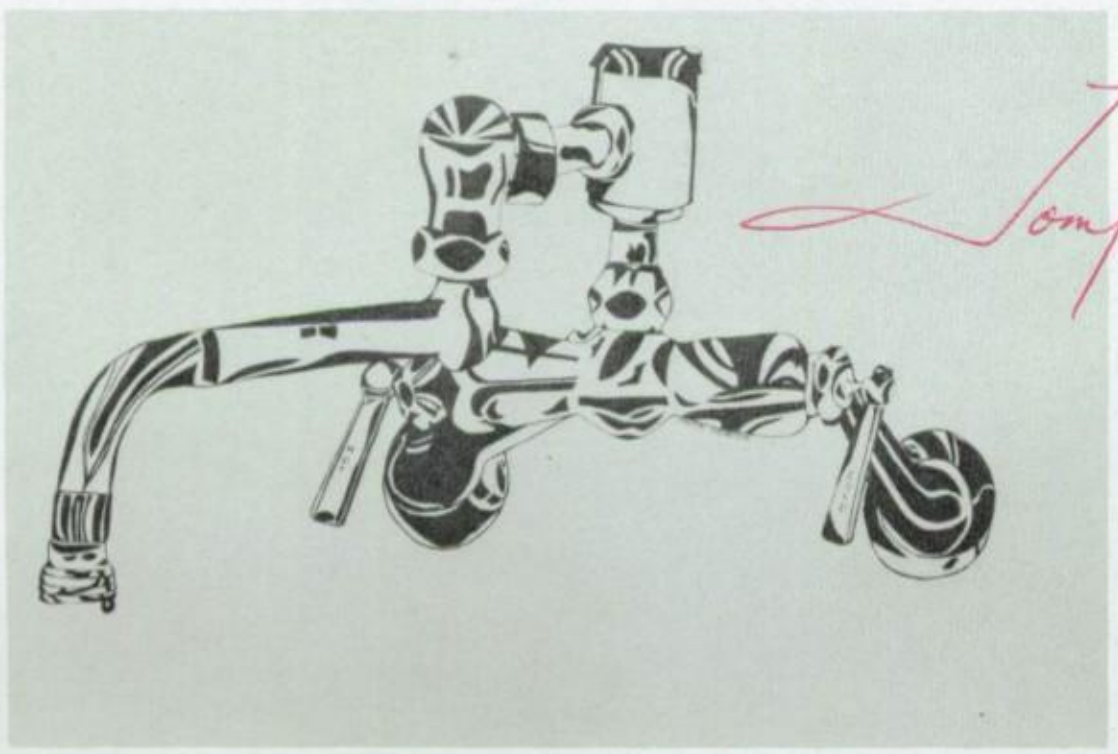
TIMELESS

It's a forest of our important years.
We have come past the marshes
Across mountains,
And we flew above the trees
As bright as canaries.
And we're rare, as we pretend,
And we survive.
Longer than the trees here,
We've been together
And knowing we've got to leave,
The forest cries with all its creatures
For the friends who caused life,
In this place
A new river floats by,
And the fish look strange.
Soon we'll join them and be part of the flow.
I don't want to leave, do you?
I'd rather stay in the forest
And swim with frogs
With you.

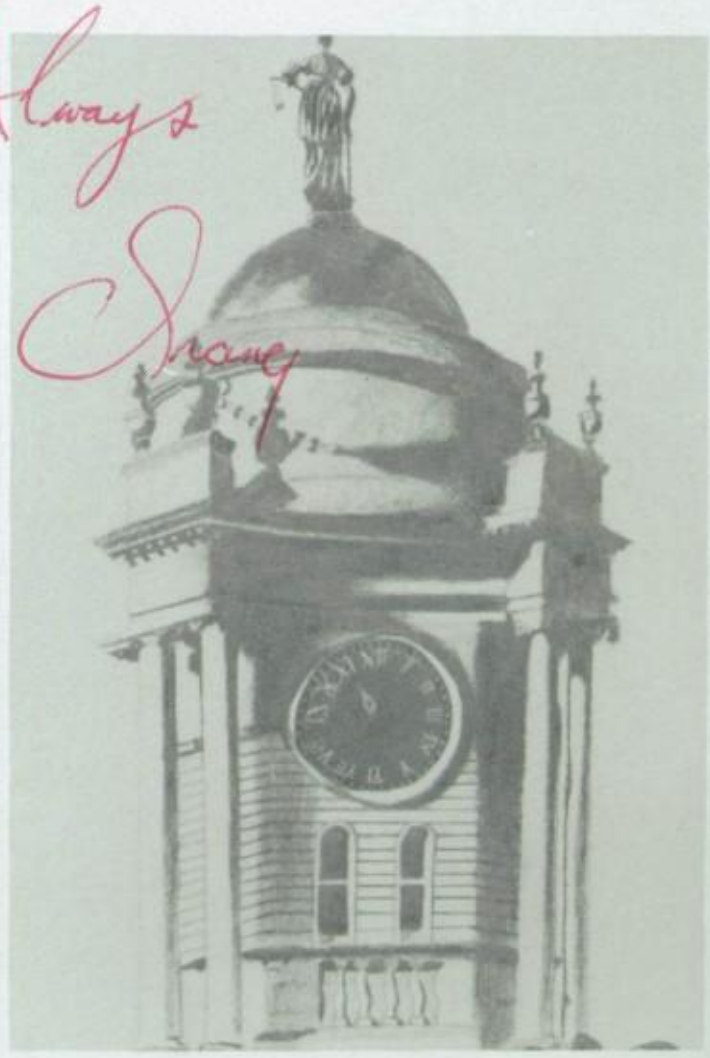
-Jennifer Walquist



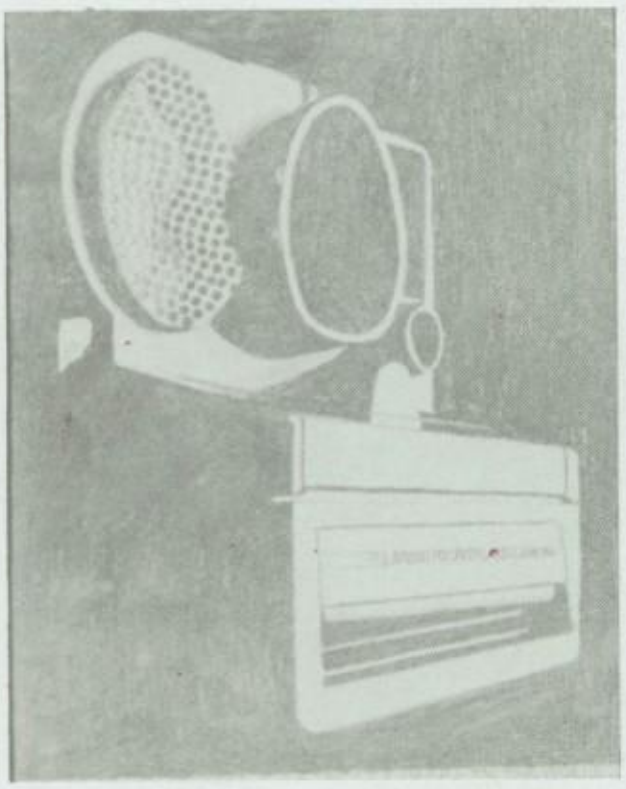
Janna Froboese



Janna Froboese



Kevin Giles

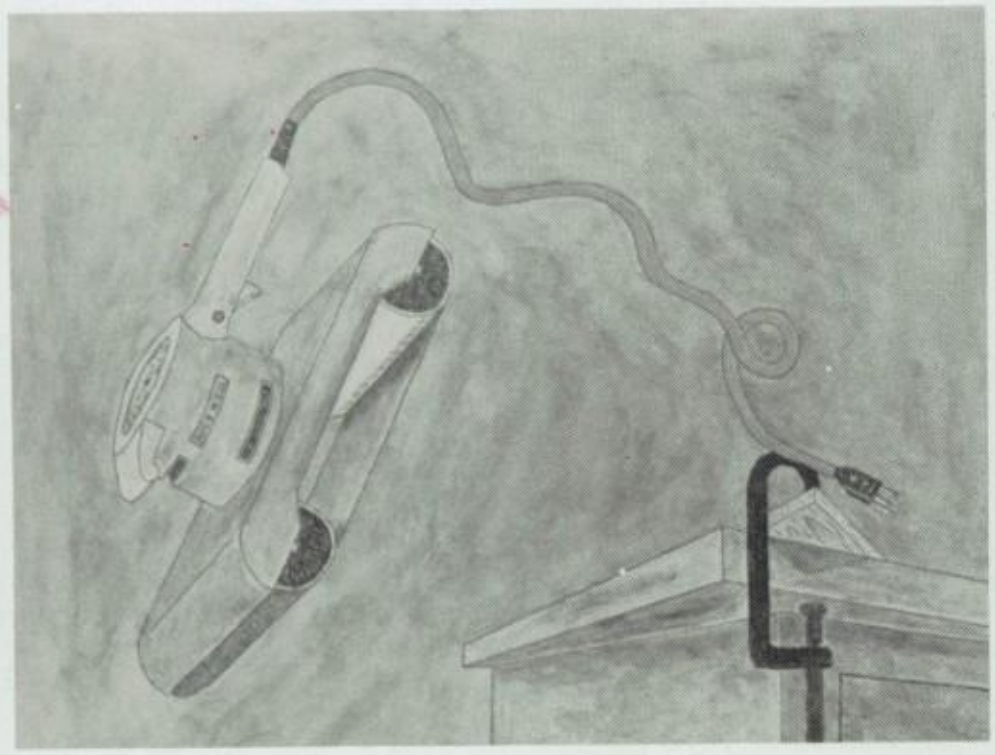


Eric Morgan

RED WHITE AND BLUE

The poster stares at me like a
confused animal
Ever wondering, pictures, chairs, sky
Temperature gauges, like people
checking the life of Yukon Dan
Over the hill and through the woods
Till death do we part

-Craig Sanden

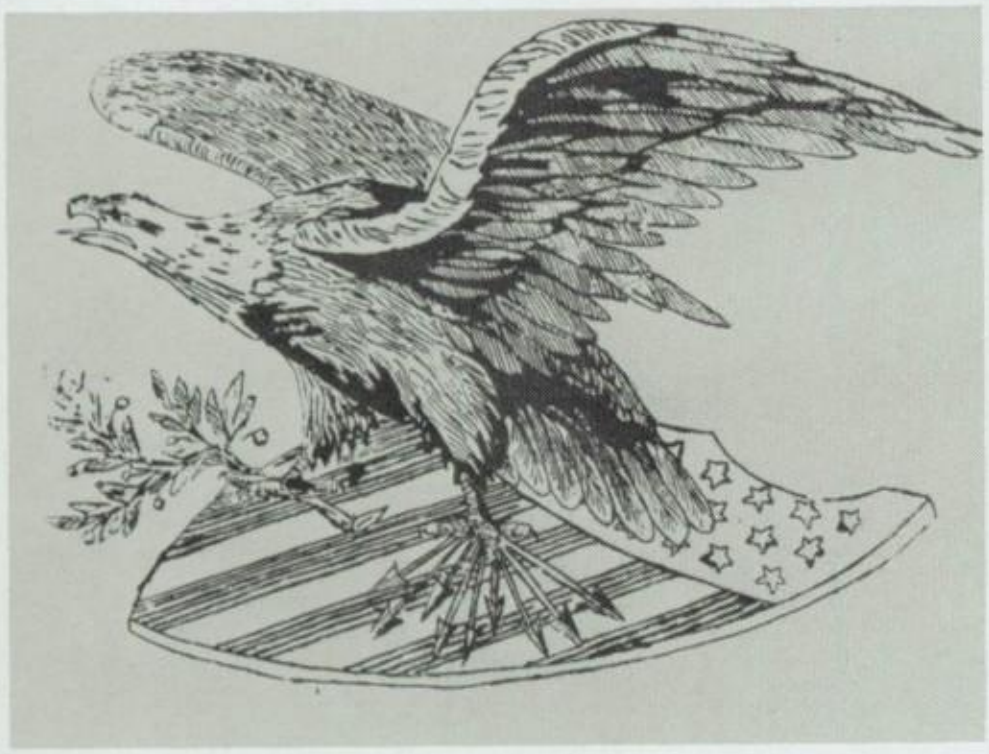


Brett Preucel

SOMEONE NEW

My life is changing
Everyday
New people
Different places
Old friends
Not forgotten
But not remembered
I don't want to say goodbye
But changes are coming
I'm growing up
I see things from a different
View now
Little things so boreing
Always wanting more
At times I want to go back
And stay
At times I just want to run
away
My life has changed
And I'm someone new.

-Lisa Steele



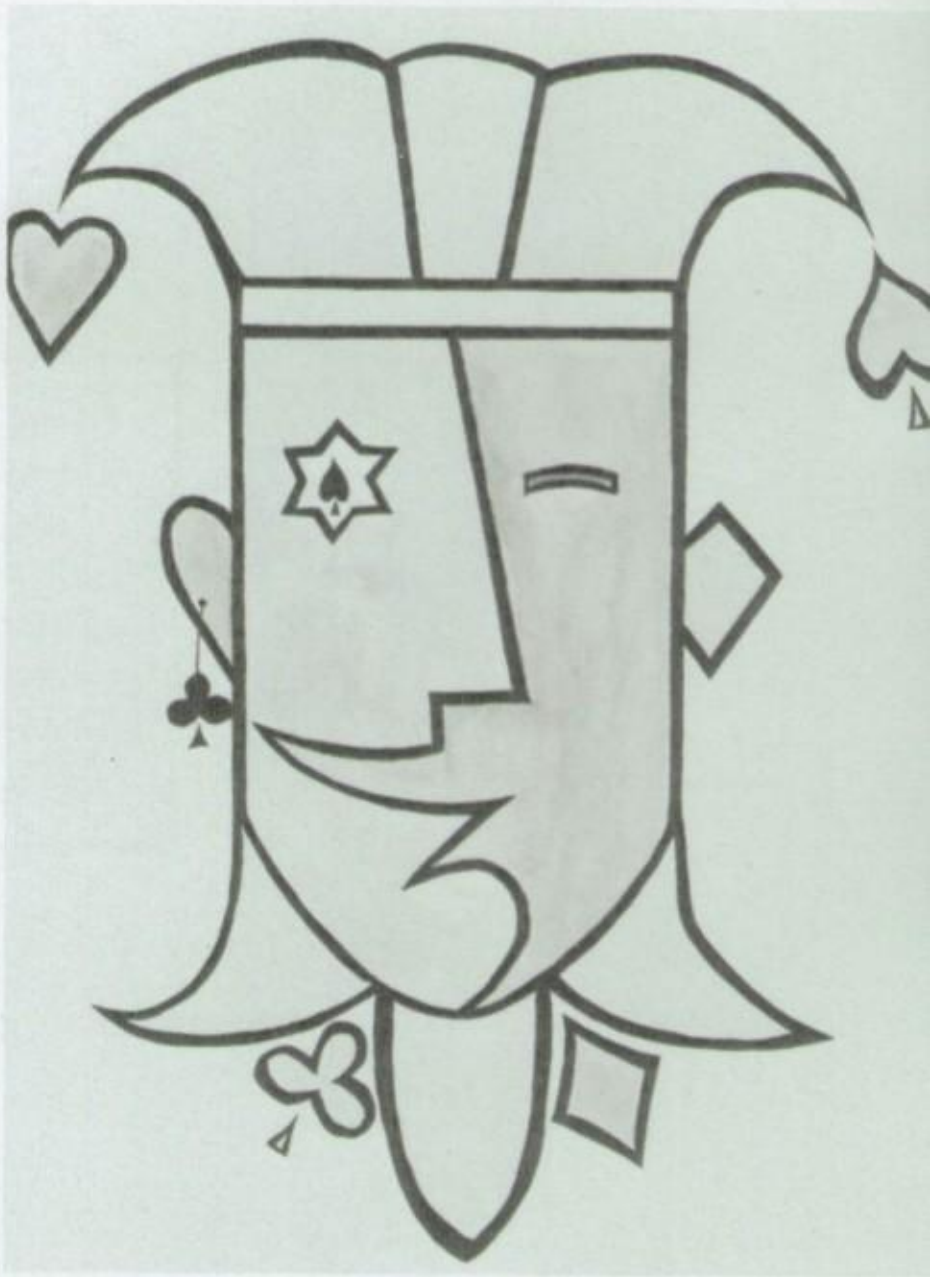
Robert Fischer

Tom and Tony Brancroft

WAKE-UP!

How many times I called you
And your door was still closed.
My heart says, "I love you"
And yours does not respond.
How many times I said it,
And the echo was just only me.
My destiny is clouded,
And my heart is too.
I'm always in your way,
And you're still without
understanding.
Why, why can't you understand me?
I am always dreaming,
Dreaming for that moment to come.
The moment in which you'll
understand me,
And when your heart will open wide.
Captive heart that loves,
And carries you always in mind,
In that refulgent flame,
Of the most beautiful feeling.
Wake up, my love, Wake up!
If my love calls at you door,
Leave the door open.
Heart that doesn't love,
Has dead illusion.
So, open your heart to me, wide.
Open the door that calls.
Let the beautiful feeling grow.

-Gloria Saladrigas

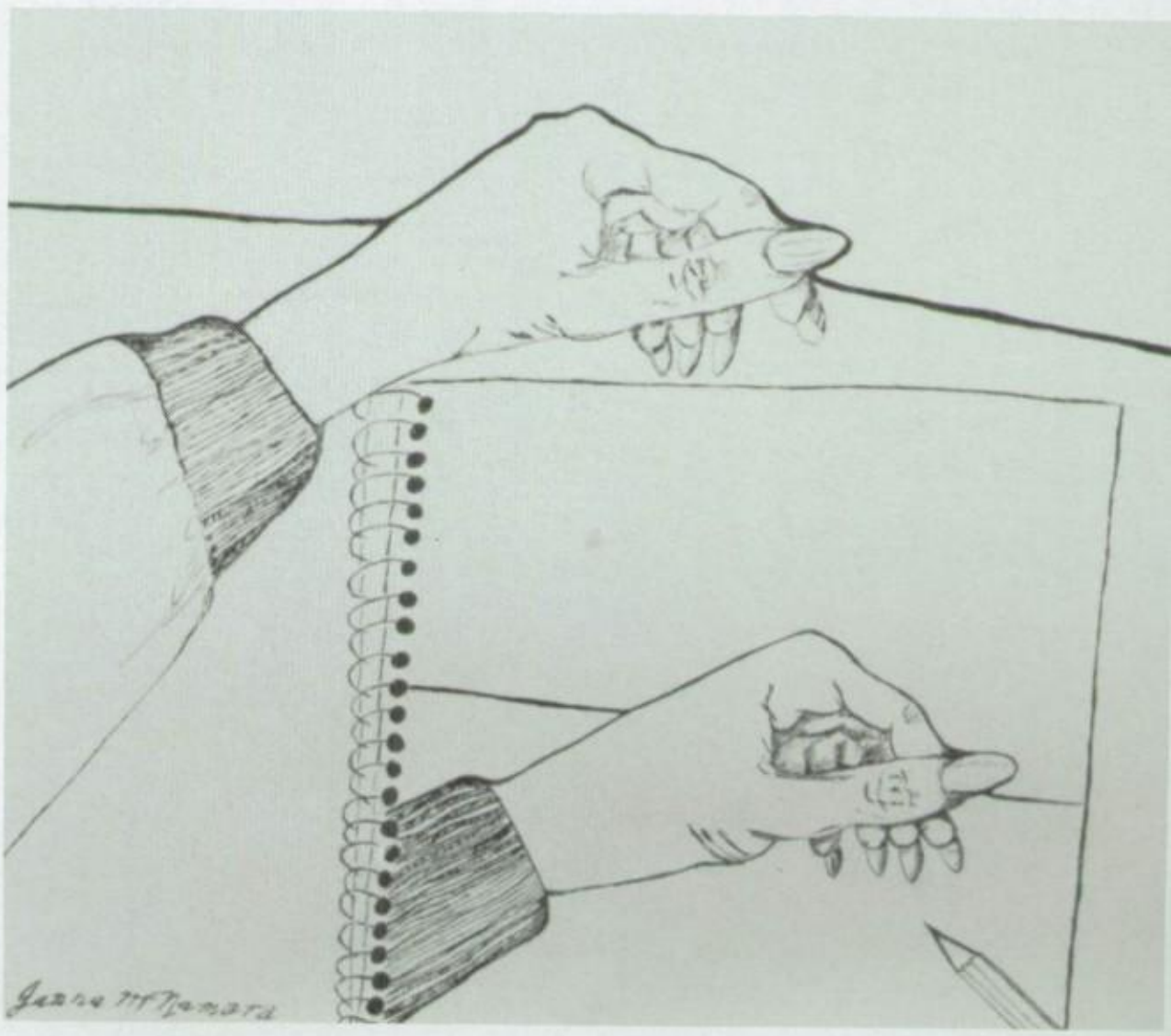


Robert Clifford

FALL AWAY

Understand, my friend
that when you were
alive my life was
full.
You left without a
sound
The black room is
full of sadness
Red lights as I
Fall asleep

-Nancy Procter



Janna McNamara

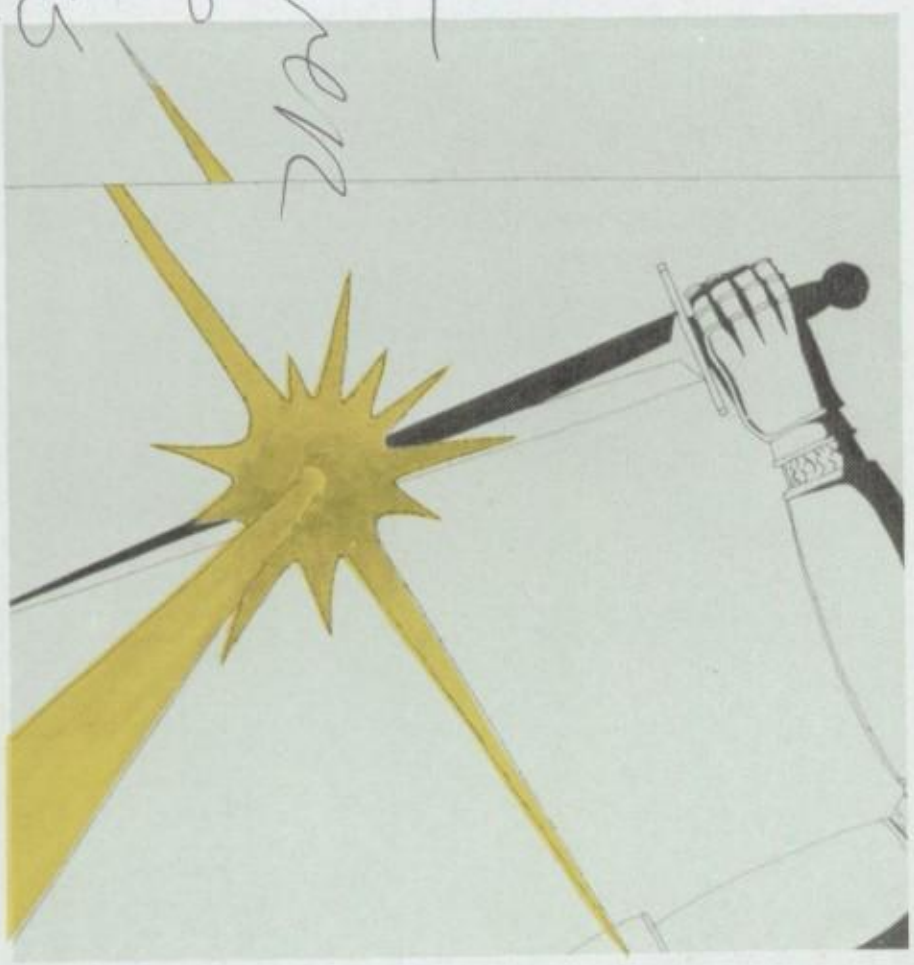
Susie Scott

Kevin Giles

GOLD STAR

Pink cotton sinks and
Hands reach toward the sieve
Grab the sand before it
Falls into the mud and is ruined
Wait, don't leave now. Where will pigs
run amuck?
Don't become what the world
Sees fit to be.
That's boring
You're part of my life.
Go here and there and never get
The gold star that
Shines for no one to see
Years go on like a sieve.
Only the best are left

-Loretta Shaw



Chris Frewin

GROWING

The lines
grow slowly
It seems like we do it all
until we are fully rooted
with many branches

-John Callanan

WALKING THE MILES

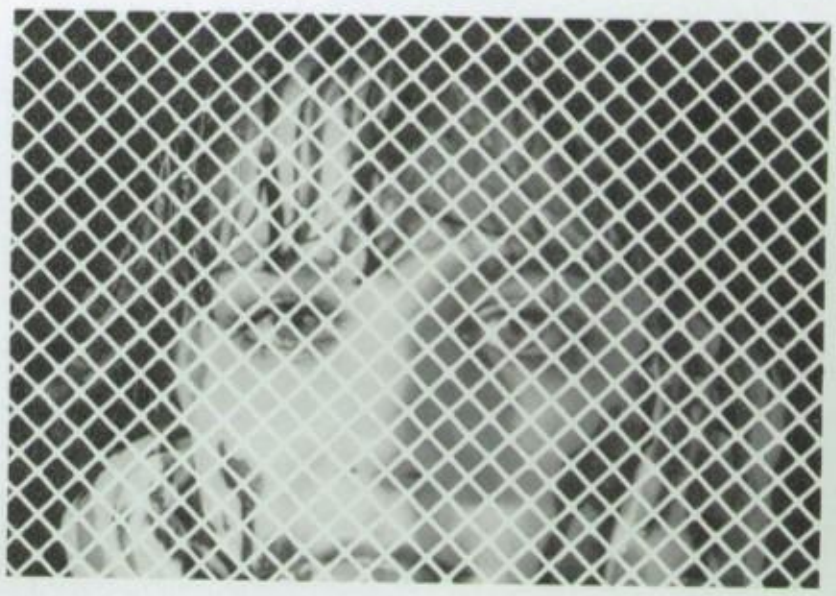
We've been here
An awful long time
We know it
In our minds
We meet new people
Some we don't like
And in some
We distill all our trust
Making friends and enemies
Learning logic and common sense
Through the rest of our lives
We'll walk the miles alone
To make a life for ourselves
Some maybe doctors
Hopefully no Trash men
So to all of you I say...
Do your best
And do it
For you.

-Jeff Hedgecock

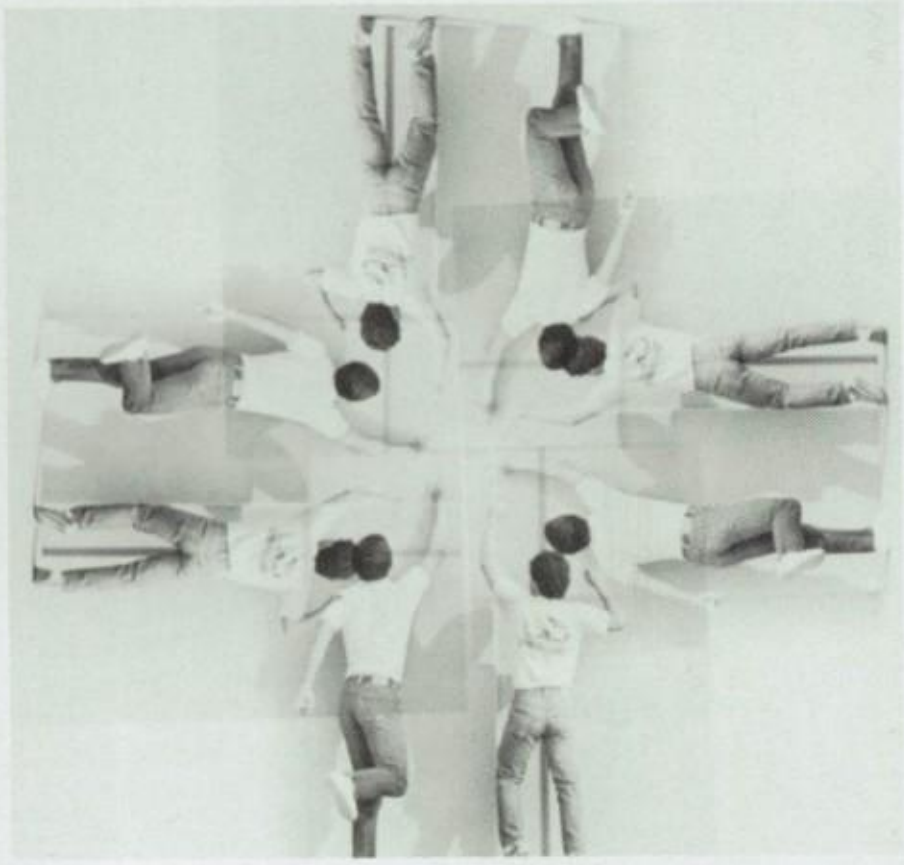
Doug Steele

Bardia Pezeshki

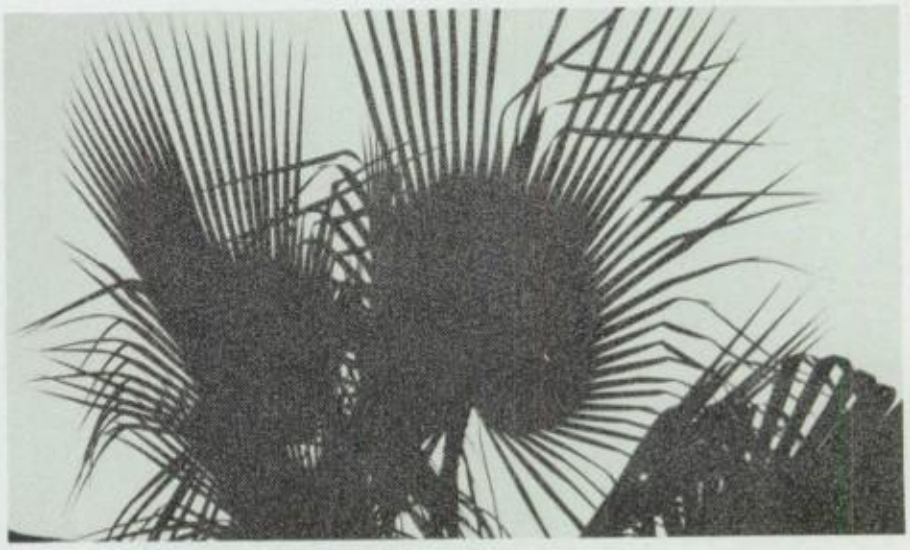
Carson Turner



Kelly Manos



John Danvers



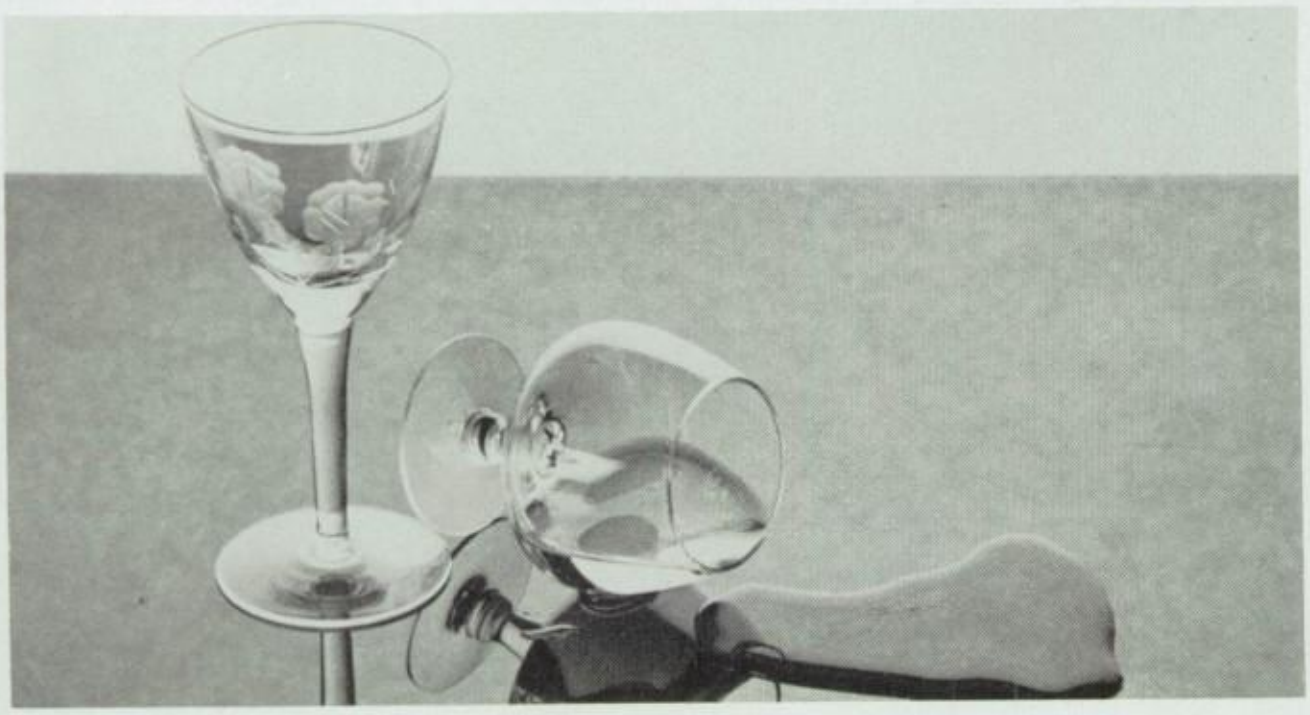
Steve Ponting

John Roberts

ESCAPE

Black checked minds
something in your brain
told me to stay away
and never play around
the horizontal curves,
You get into trouble
that way, and if you
try and jump through
my window, you'll jump
through hell

-Lucy Napoles



Fred Roberts

TWO PERSON WAVE

Tall grass
that I'm walking
through
where sea gulls fly
but still
I don't know why
I feel
this way
the two person
wave,
the purple thread
ready to break
but the rocks break
the fall

-Becky Anderson

APPLES AND ATARI KEEP US IN STYLE

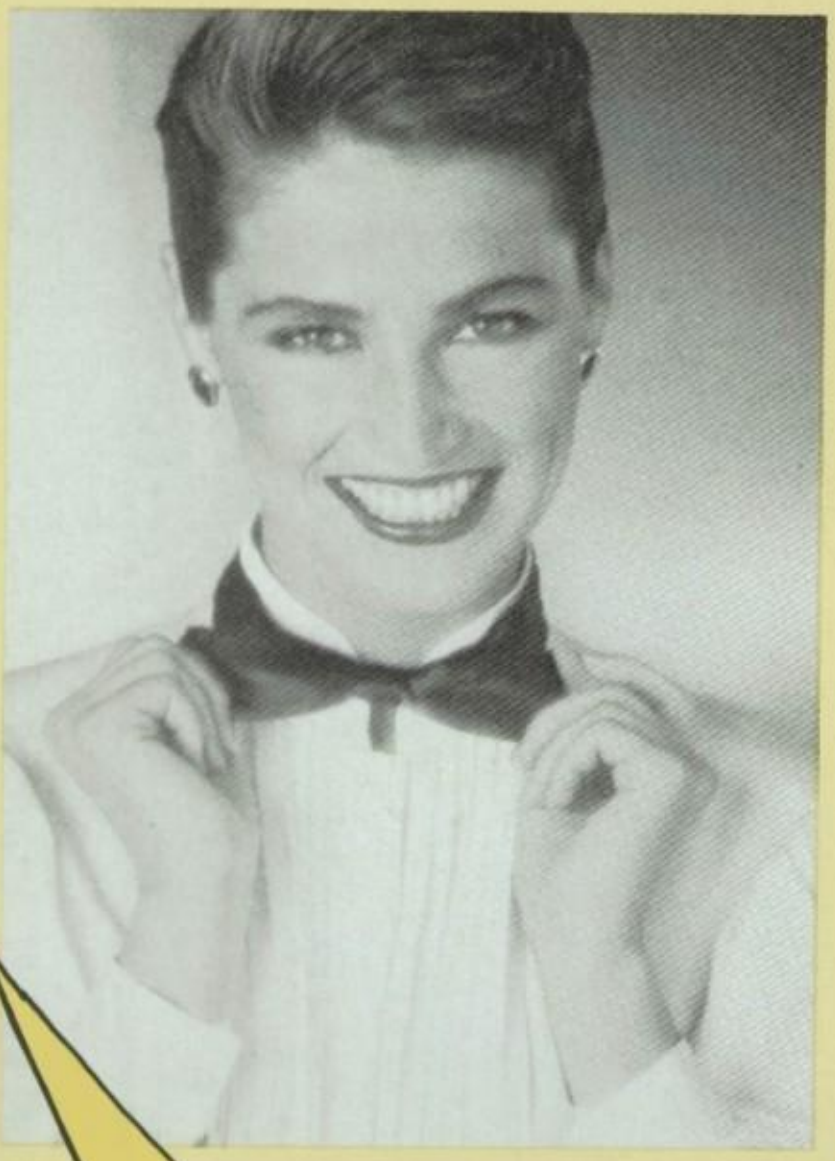
Fashions of the year varied from the old favorites to new styles, while the computer industry advanced one step further.

The "valley girl" look was quite popular. This fad consisted of mini dresses of stripes or polka dots and a special lingo to go along with it.

The 1950's returned in the fashion world as well as in music. Girls wore full skirts, zipper jeans, bobby socks and saddle shoes. A favorite of the guys was the rolled up Levis, pennyloafers and greased back hair. The tuxedo look dominated the fall fashions and sweater vests swept the winter styles.

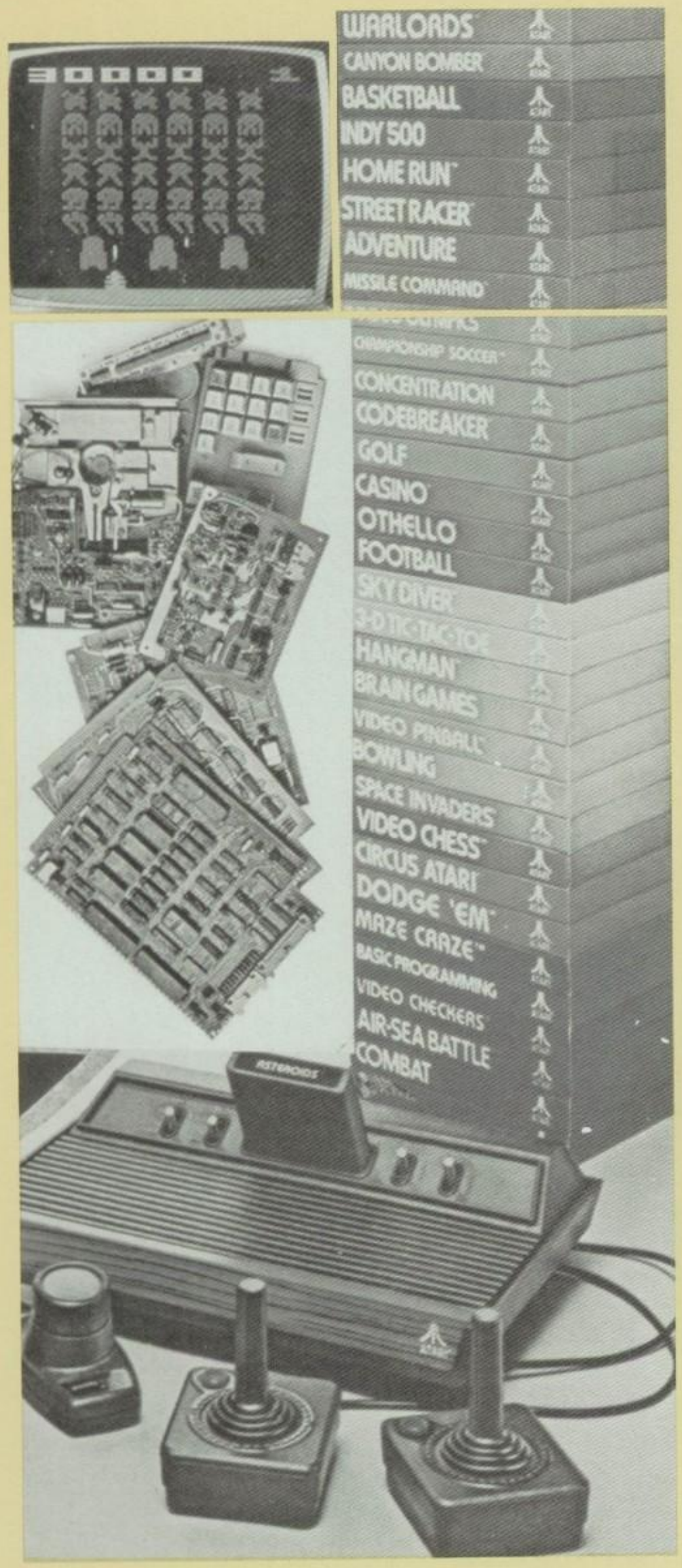
Computers added a new dimension of high technology to the United States. Throughout the country, computers such as the Apple II, plus IBS, the Vic 20, and Atari, became extremely common place items. These computers, used for work and play, made life more simple.

Teen Magazine

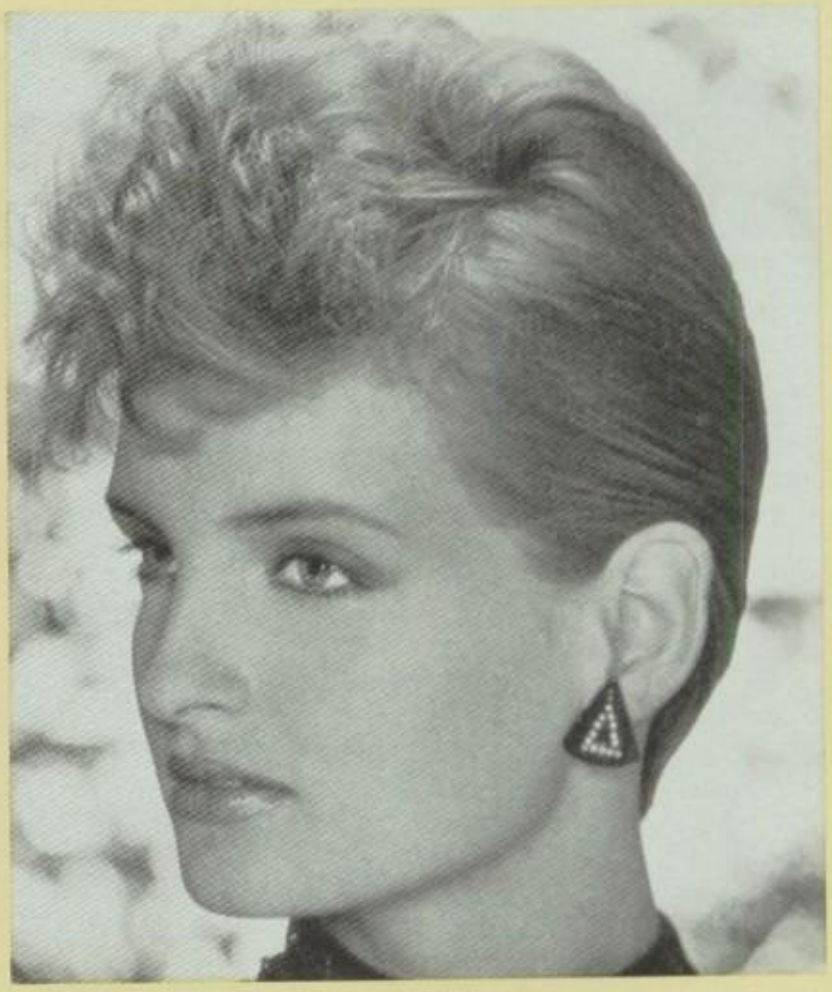


Redbook

Time Magazine



Time Magazine



Redbook

Teen Magazine

MOVIES, MUSIC SPUR INTEREST OF ALL

Many new movies emerged from the special effects and technology of today. The one outstanding movie of the 80's was Steven Spielberg's E.T. **The Extra-Terrestrial**. This unique, yet lovable space alien touched the hearts of audiences with a story of love, friendship and trust. Other big hits were **Poltergeist**, **An Officer and a Gentleman**, **Fast Times at Ridgemont High**, and **Tootsie**.

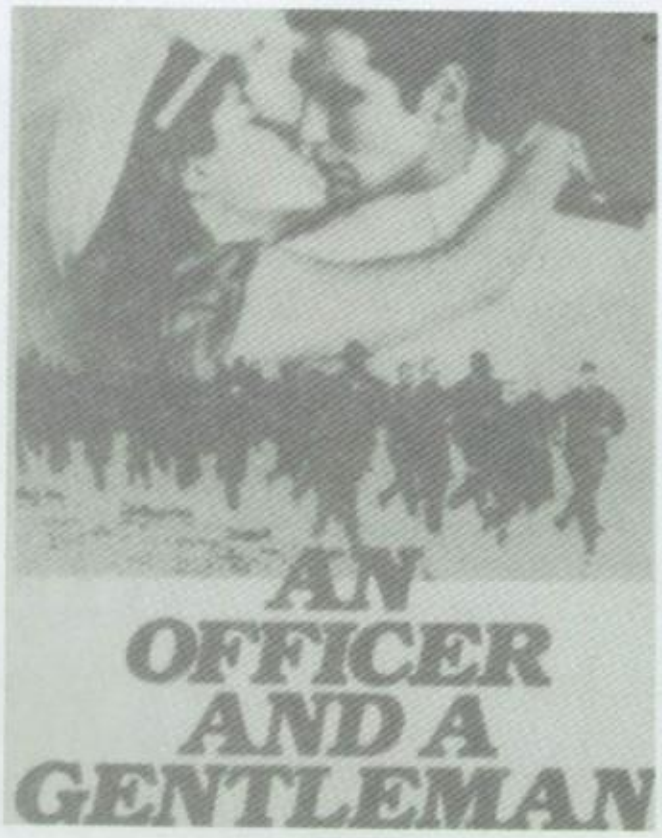
In music, the Stray Cats hit number one of the charts with their album **Built for Speed**. The Stray Cats brought back the 50's music combined with the "Rockabilly" craze. Also, Madness came out with **The Rise and Fall**. Men at Work brought us **Business as Usual**, and Adam Ant went solo to produce **Friend or Foe**.

A concert that will always be remembered is The Who's final performance held in October of '82. They captivated their fans from their opening song, "My Generation," until the end of the concert.

Rock Magazine

IRS/Capital/Sire/Warner Bros.

I ♥ California

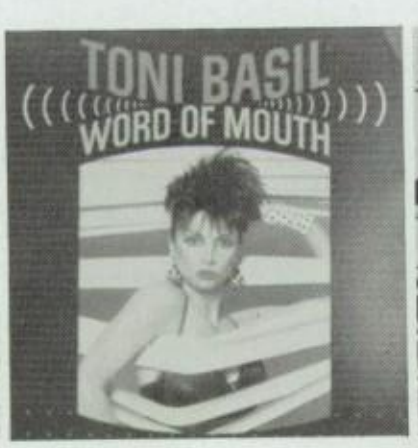


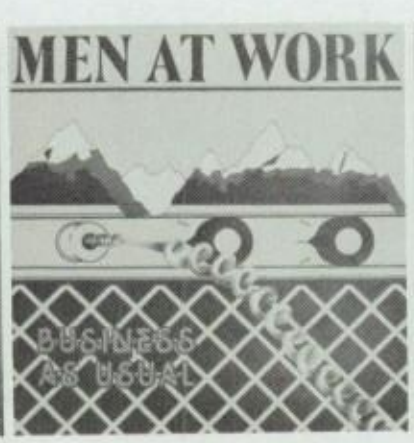
Los Angeles Times

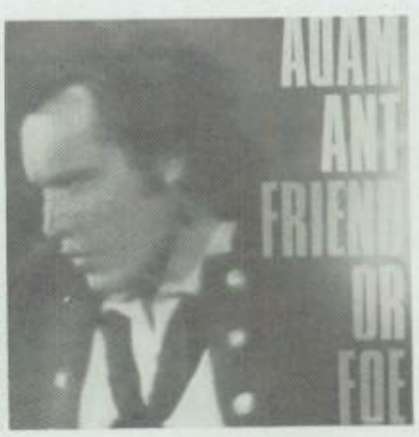
Los Angeles Times

M.A.S.H. has its final season after II years- TV Guide

Los Angeles Times







EMI/Arista/MCA/Chrysalis

Time Magazine

MAJOR NEWS ITEMS CAPTURE HEADLINES

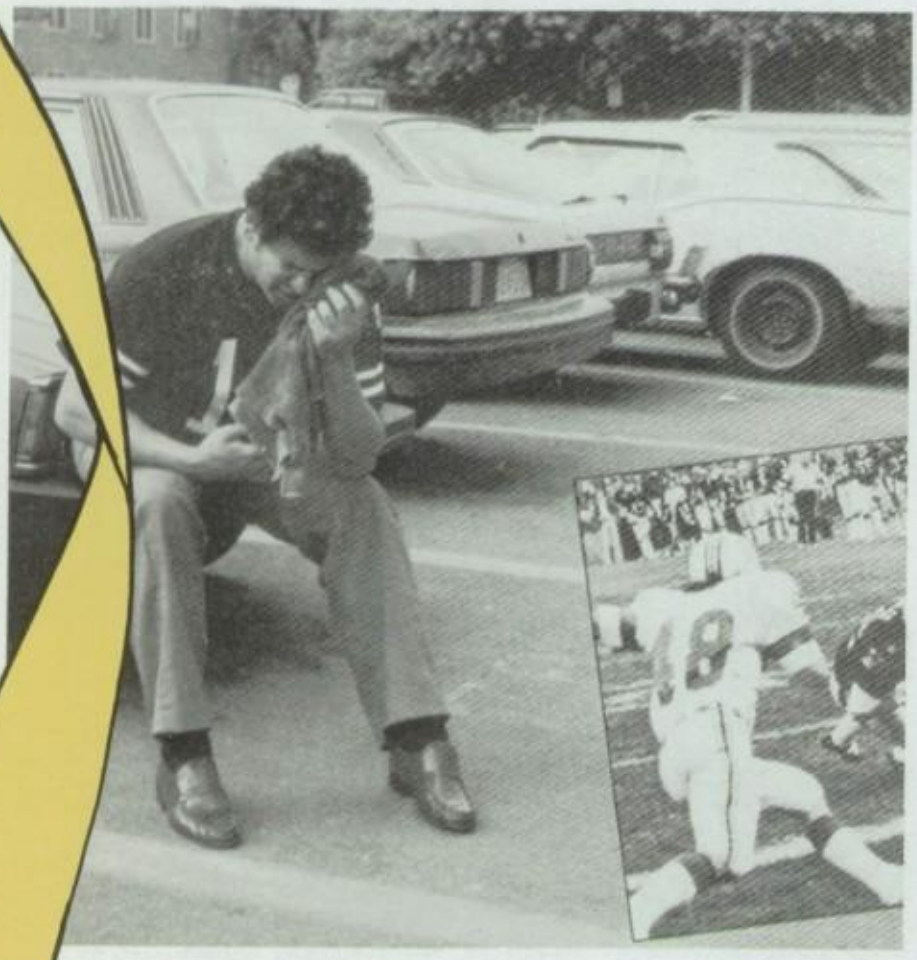
Eyecatching headlines have been quite a familiar sight throughout the past year. Items ranged from deaths to a royal birth.

Actor **Vic Morrow** died during the summer from a disasterous helicopter crash on the set while filming the Twilight Zone. **Princess Grace** of Monaco died in a tragic auto accident in October and **Leonid Breshnev**, Russia's leader, passed away in November.

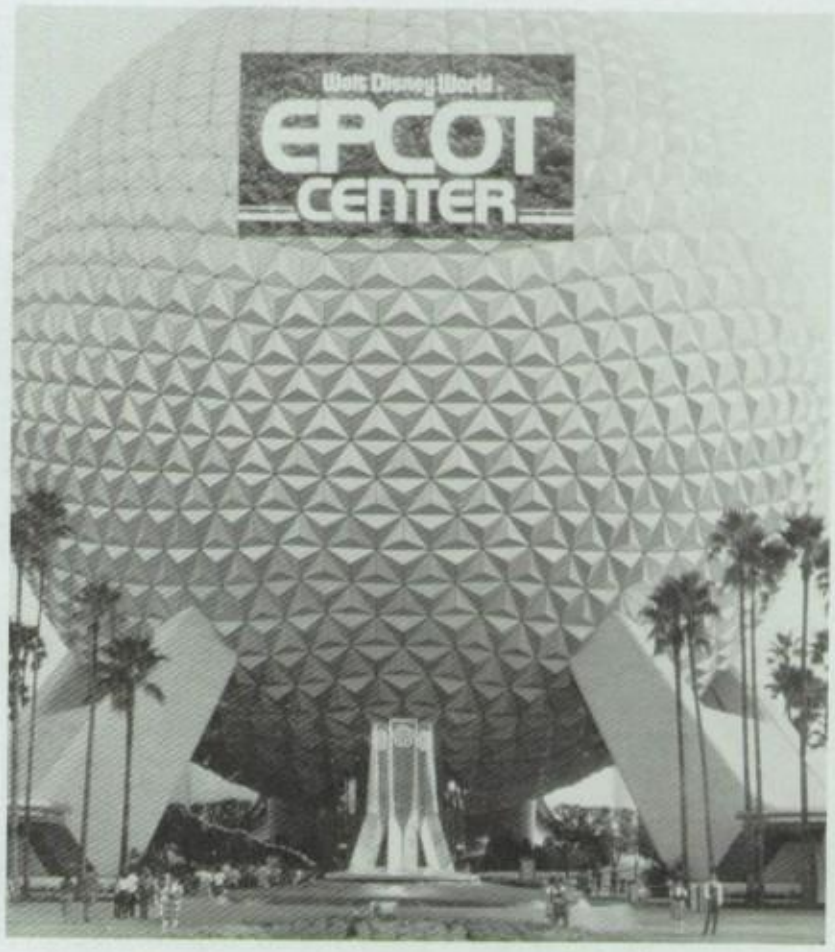
An event that began early in October putting the nation in a state of hysteria was the **Tylenol** poisonings. This incident caused a removal of many store products and a number of attributed deaths.

During the summer, a war was fought between **Britain** and **Argentina** over the **Falkland Islands**, while the economic **recession** reached a record breaking new height and the **unemployment** level topped 10.9% in December.

However, new innovations in technology furthered mankind in medicine, space, and architecture. The first **artificial heart** was implanted in **Dr. Barney Clark.**



Time Magazine



Life Magazine

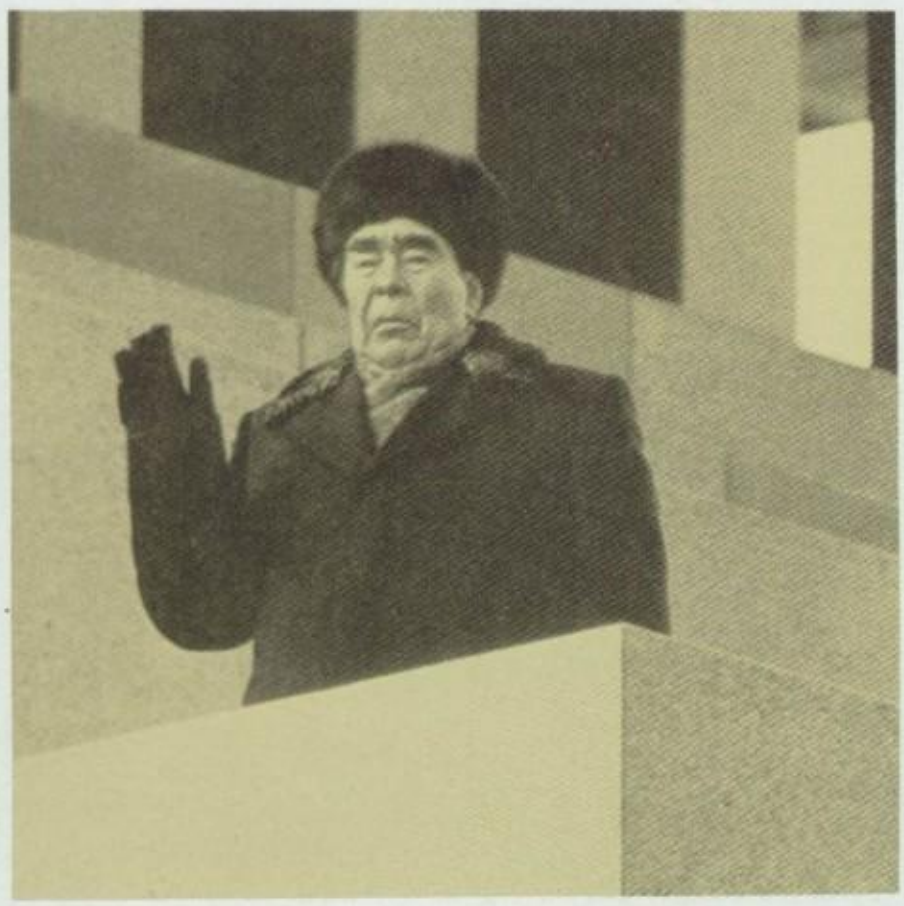
Los Angeles Times

arly in December. Another voyage of the space shuttle **Columbia** proved successful as did the architecture in he **Epcot Center**, the Experimental Prototype Commu-ity of Tomorrow, located at Disney World in Florida.

Major headlines that were read by sports fans na-ionwide concerned the forty-eight day **NFL strike** and he dispute over **Steve Garvey**, who joined the San Diego Padres.

A joyous announcement came in July to the Royal amily, the birth of **Prince William**.

Time Magazine

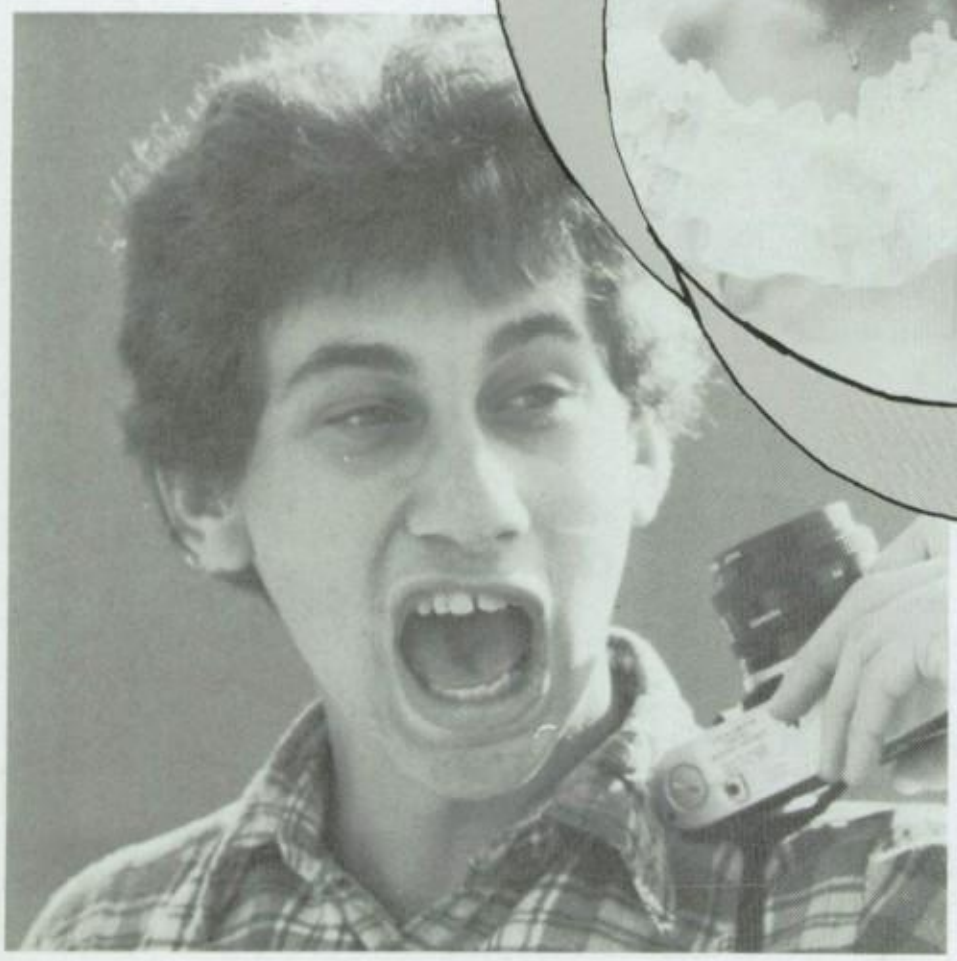


Time Magazine

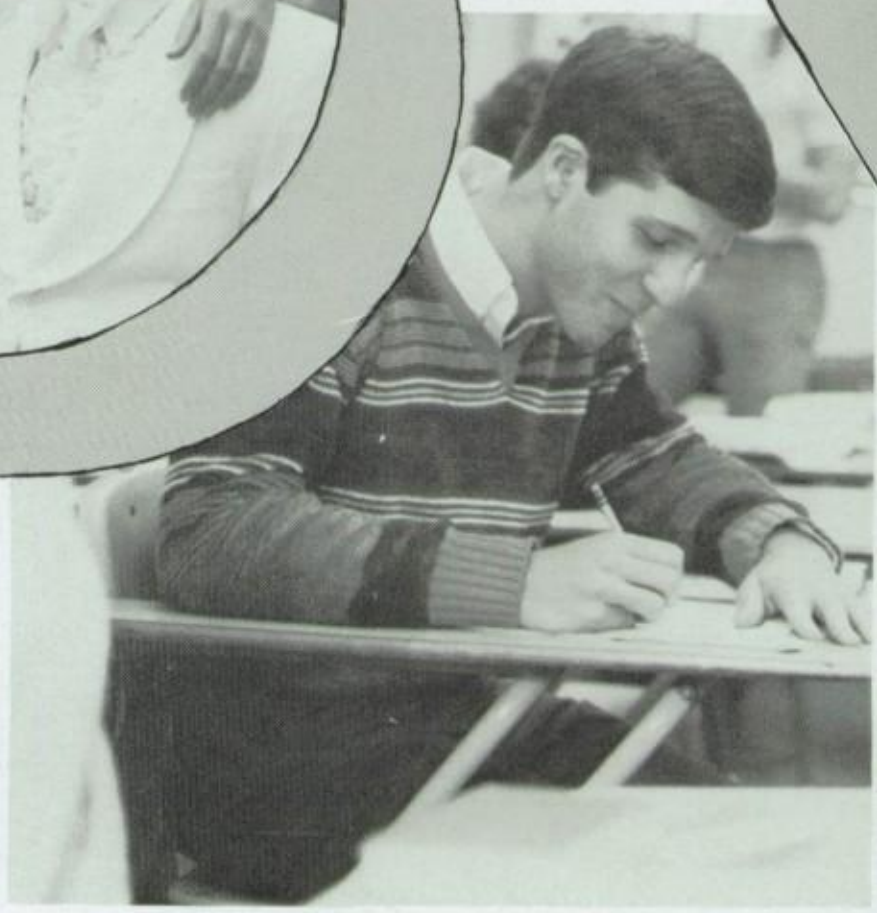
In January, storms swept the west coast for one week, demolishing the Seal Beach Pier for the first time in thirty-seven years.

Time Magazine

hi again?? I hope U don't move. Well anyway I hope you have A RAD summer I mean the Radest Summer. We have to fix up Kim's With make-up. If U move I will be down here all the time so you won't be BORD. (Just Joking) but all be around. Love & friendship 191 always Deshawn Page-



During Club Picture Day, **Steve Stein** loudly yells out directions to the various club members, a feat which is not a variation from the norm to Steve.



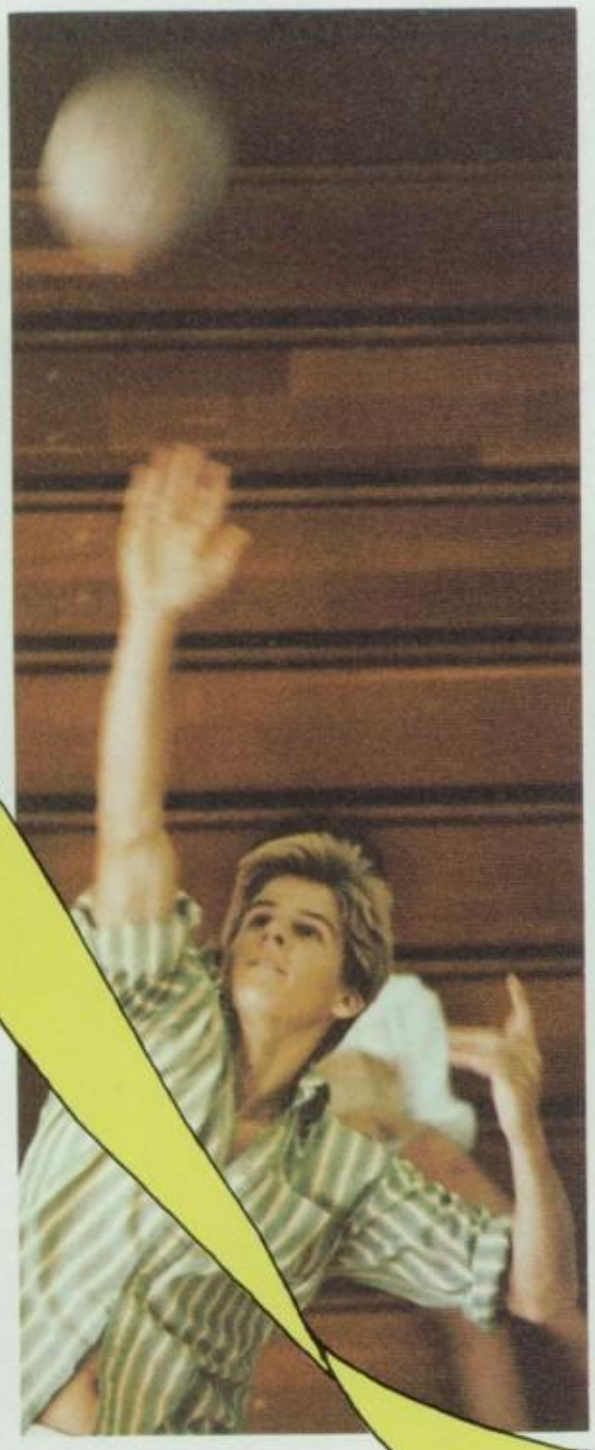
Andy Hermann is one of the many Los Al students who can work diligently on assignments in class and have fun at the same time.

Gail Battisti receives a gift in the form of various colored balloons and bright red roses from **Jackie Palmer**. For Gail's seventeenth birthday, her friends surprised her at school.

Jeff Hayward returns to school with a full-length cast and crutches after his leg injury.

GWEN -
WOW WE "GOT TO KNOW EACH OTHER BETTER" THIS YEAR. I HOPE WE ALL STILL FRIENDS. LETS GOTO THE BEACH THIS SUMMER, O.K ??
YOURE REALLY CUTE.
LOVE,
DEBE

Seniors



Andy Morrissy serves the volleyball during spirit week tournament in the gym.

During the Homecoming game, spirits were wildly soaring through the crowds. **Shelly Dufek, Deborah Branch** and **Jill Covington** express their enthusiasm.

Kim Jeanotte relaxes during her lunch hour and enjoys watching the laughter and expressions of others.

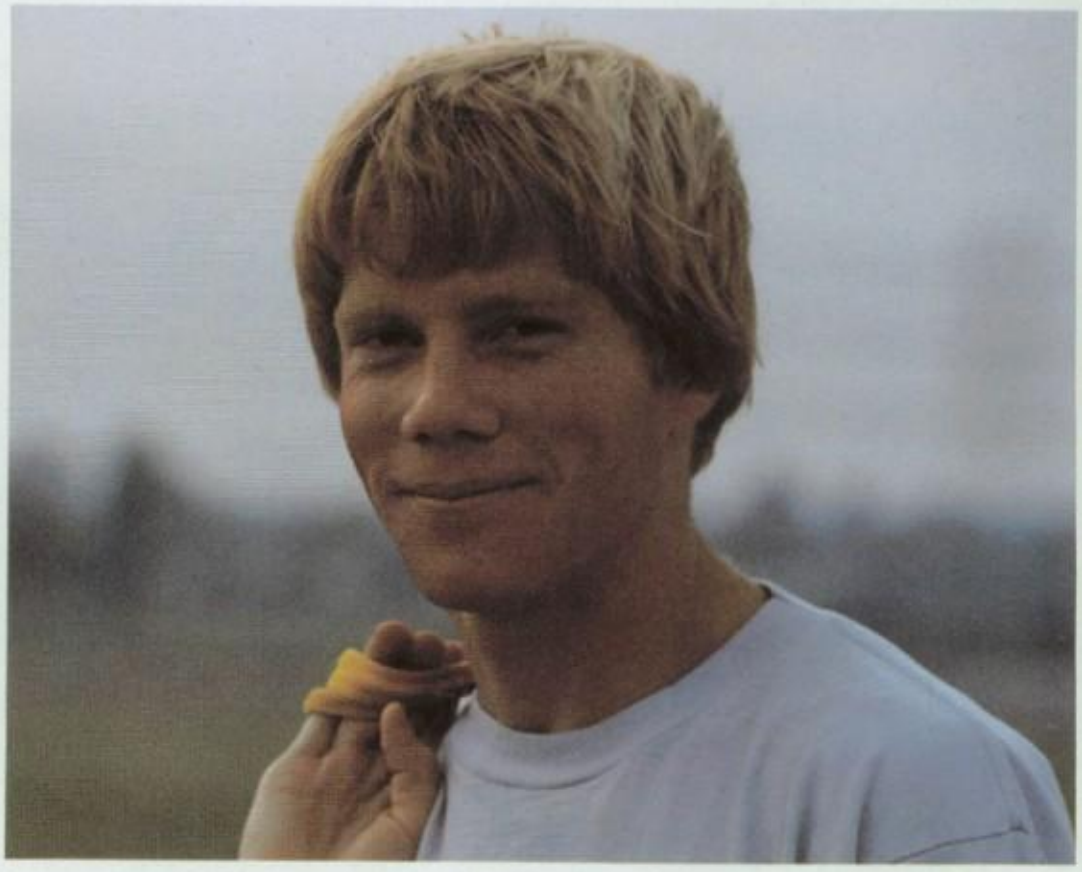
FRIENDSHIPS AND MEMORIES FLOURISH

The graduating class of 1983 has worked hard for their accomplishments. Their memories and friendships will long be remembered. The seniors endured long years of endless homework assignments, papers, and exams. Each one had stored up a vast amount of knowledge, and is now prepared to face the challenges of the world beyond. Many mornings were spent in a rushed and hurried state, as car engines sputtered at the thought of another day in the school parking lot. Feet dragged to first period government class. Lockers slammed. Friday was met with a smile, as each looked forward to a restful weekend.

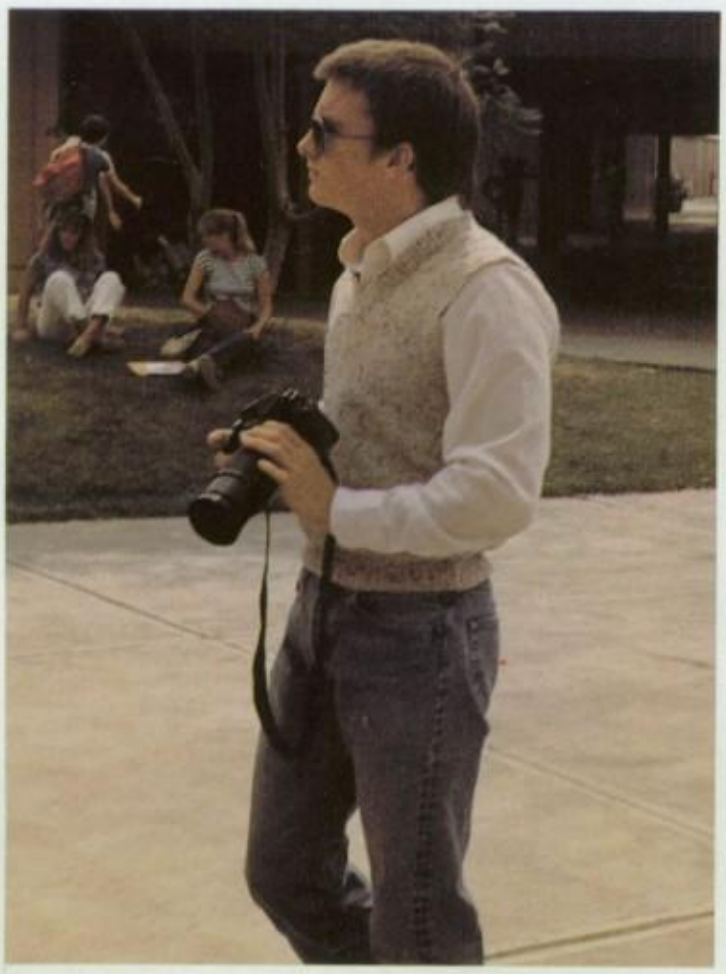
College bound seniors lives were filled with the anxieties of plans, applications, and preparatory tests. Meetings were attended to hear the news of all different universities, and to see their never ending class choice lists. But the hard working senior survived all of this to obtain his ultimate goal; a high school diploma.

It all has to come to an end, and only the memories will

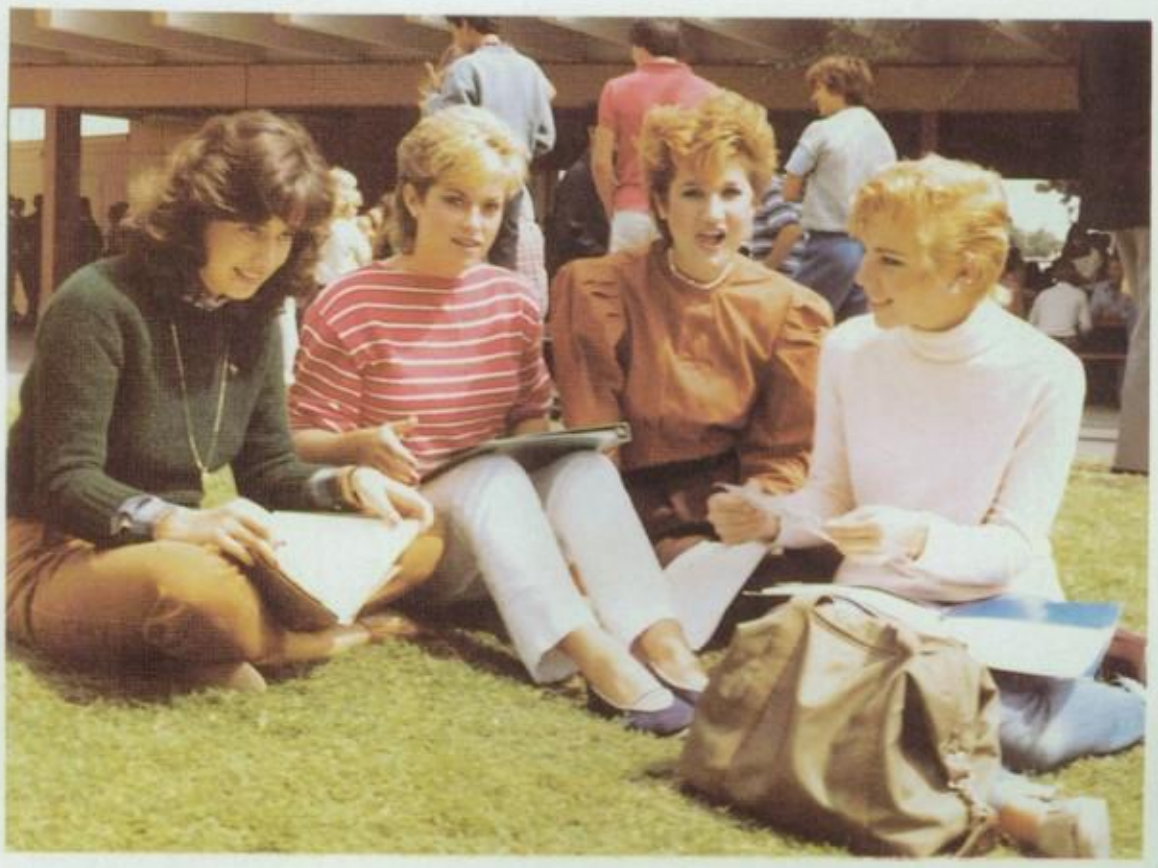
Senior **Kim Jeanotte** seems to be enjoying herself immensely as **Bick Brown** ponders his thoughts about the consequences of his next move.



Cross country takes lots of time after school. **Mark Junkerman** starts his trip back to school from El Dorado Park. Cross country runners run about ten miles a day for training.



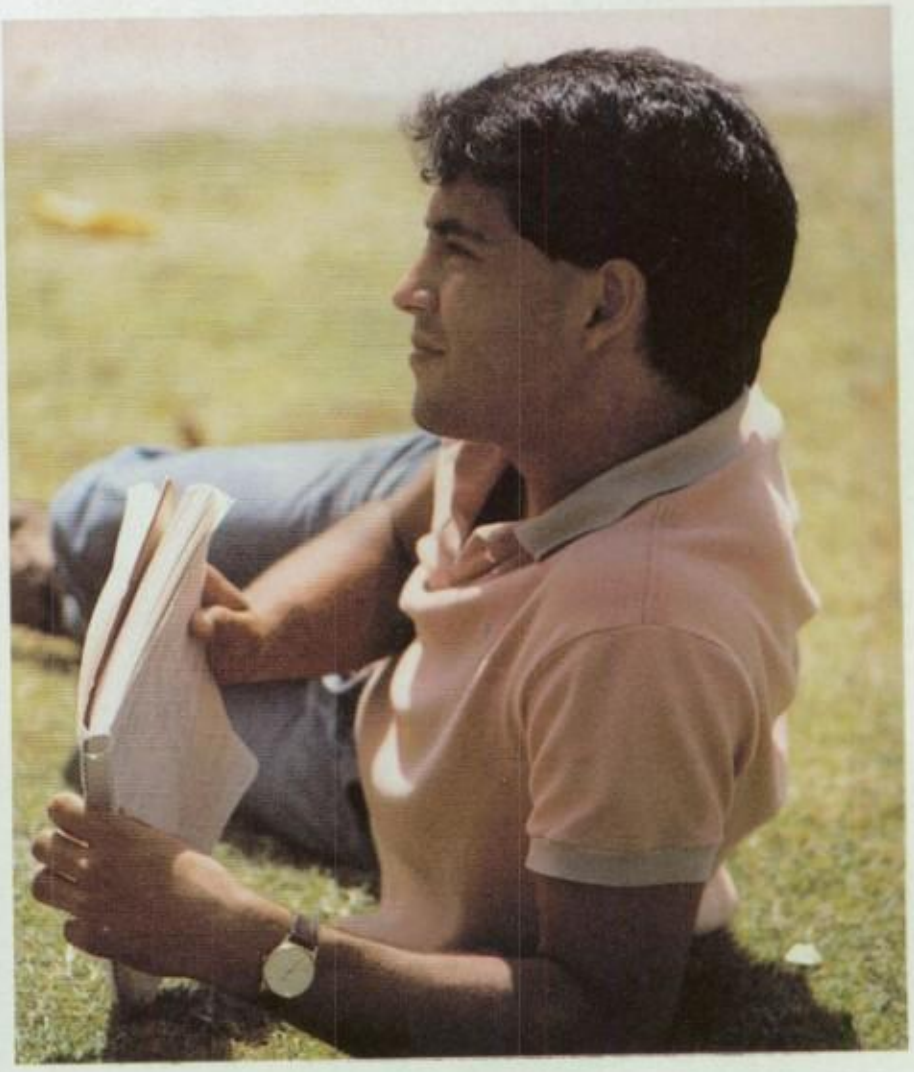
Senior Cottonwood photogragher **John Scott** discovers a freshman subject waiting to have his picture appear in the yearbook.



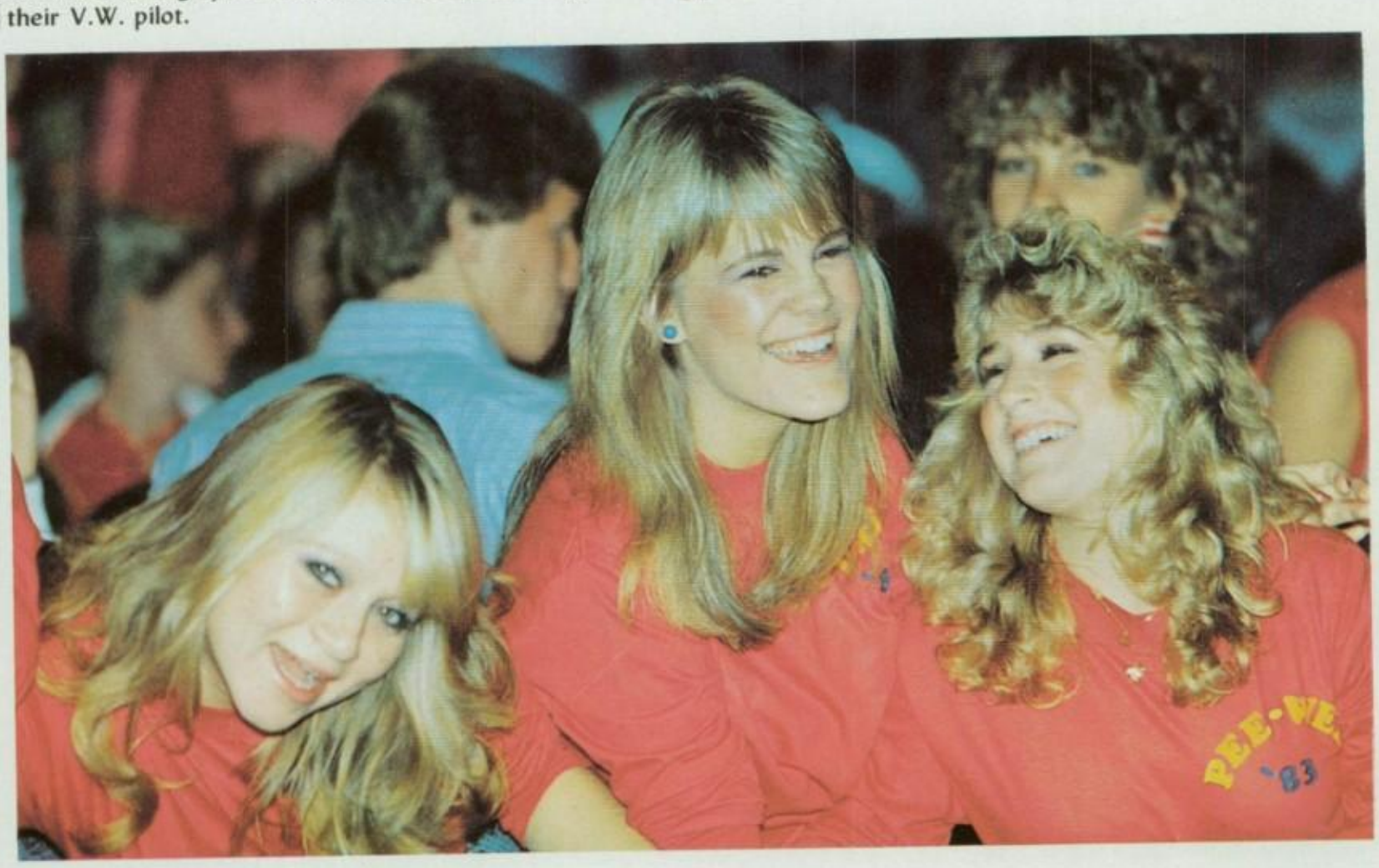
Sunny days at Los Al provide a variety of activities. Lunchtime is time for **Claudia Gaona, Katherine Smith, Naimi Bell,** and **Ricke Peterson** to catch up on late homework and the latest gossip.

remain. The teachers will remember the students: their looks, personalities, and their willingness to learn. The graduating class will recall their teachers persistency and willingness to help with present problems, and future plans. Teachers will be remembered as friends who taught them many important aspects of life. The class of 1983 will leave Los Al with pride and look back at these years whenever in doubt of their achievements.

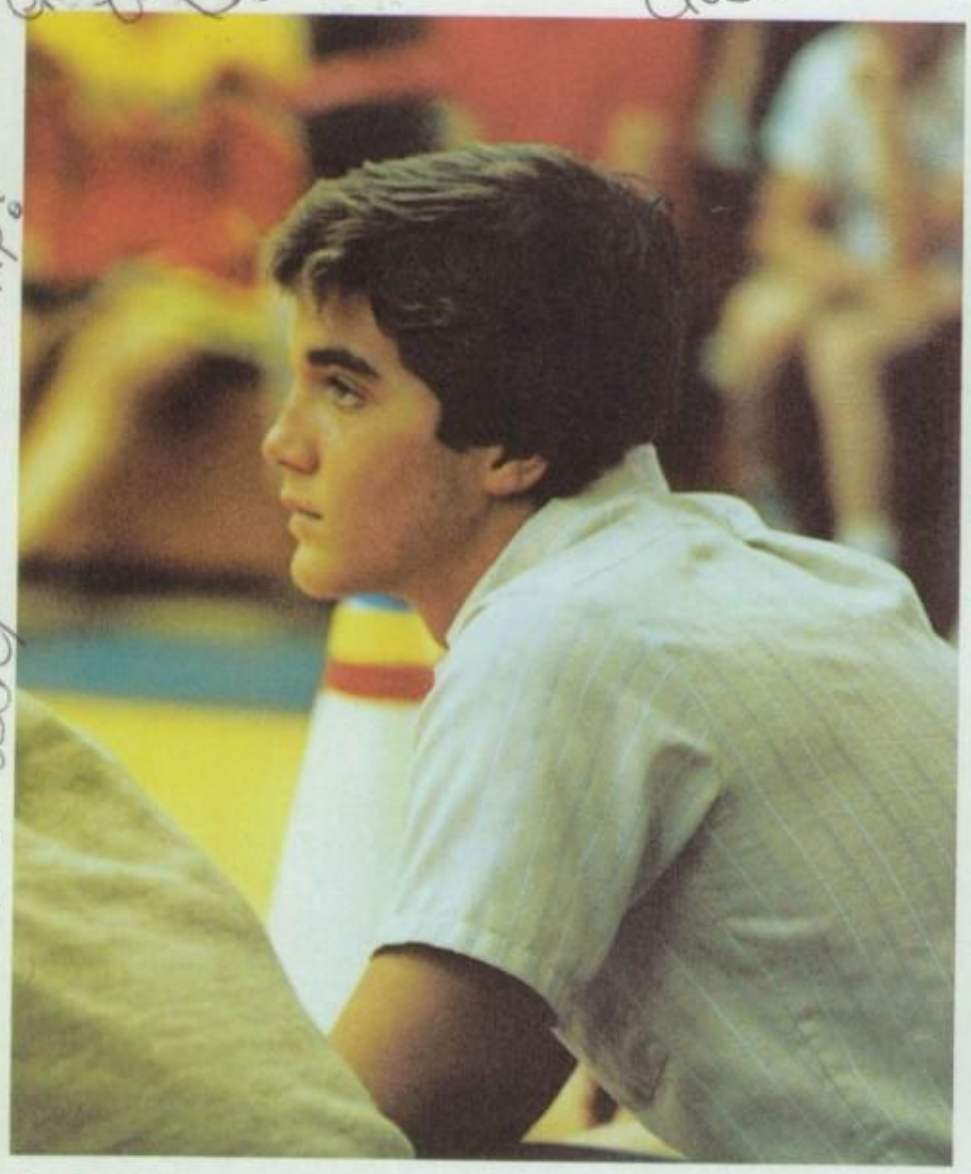
Steve Randall is getting ready for the "Bug Push", one of the many activities during Spirit Week. Steve is representing the seniors as their V.W. pilot.



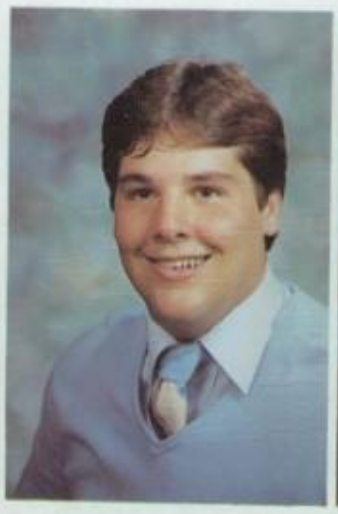
Sitting down on the grass between classes, **Omar Rodriguez** glances up from his notes to see if he has memorized them for his big test next period.



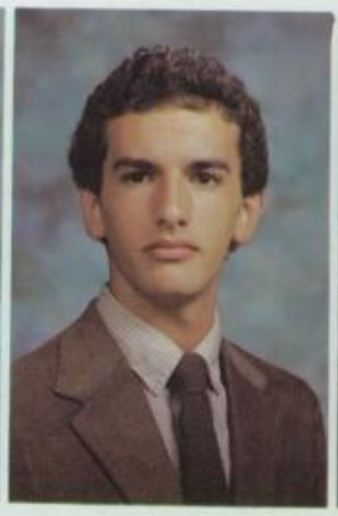
Sylvia Roa, **Marcy Schommer**, and **Dawn Ramaglia**, members of the City Night Seniors, proudly display their smiles while they cheer on their football team at Homecoming. All the T-shirt clubs put forth their best efforts in (rooting) on the Griffins football team to victory.



During the homecoming pep assembly Kurt Nicolau, one of the top five candidates for Mr. Irresistable, anxiously awaits the results of the voting.



Richard Abel

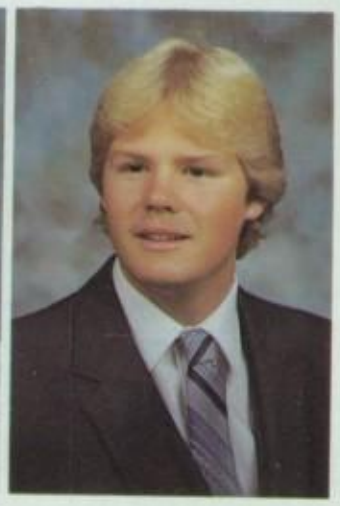


Eric Abrams

Ann Adams
Spanish Club, Varsity Volleyball, Swim Team

Maria Alarcon
Senior L. A. Rebels

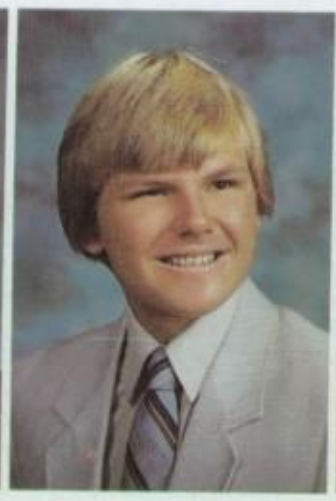
Suzanne Allard
Senior Class Committee, Congress, Softball



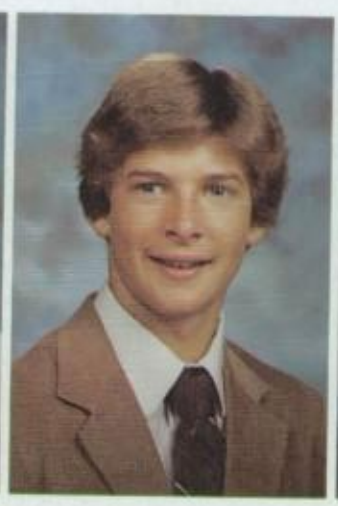
Jeffrey Everett Allee
Varsity Wrestling

Steven Charles Allen
Wrestling, Football, Key Club

Gregg A. Anderson
Varsity Football



Rob Anderson
Varsity Tennis

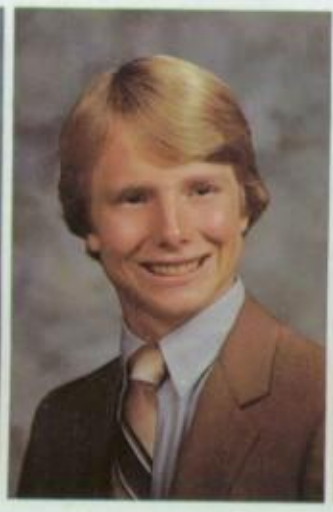


David A. Appling
Wrestling, Yell Leader, Senior Class Committee

Louie Arambula
Yell Leader, CSF, Senior Class Committee

Ellen Arbaugh

Johnny M. Ashkarian II
Varsity Tennis, Track

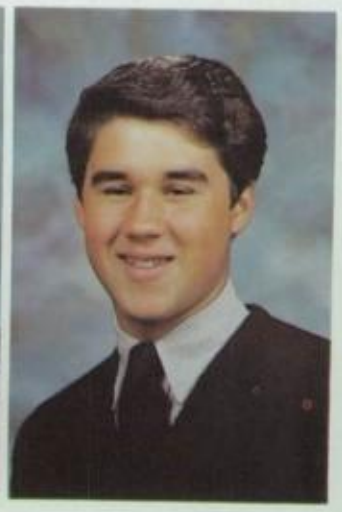


Richard A. Atwood
Law Club, Ski Club, Backpacking Club

Phil Avalos
Varsity Wrestling

Jeffrey Martin Bailey

Laura B. Barnes
Senior Scenes II, Ski Club, Keywanettes



Kenneth A. Barton III

Gail Battisit

Karen L. Beaudry

Gail Paula Becker
Volleyball, JV Softball, Crystal Skiiers

Peggy Beckett
Varsity Cheer, Drill Team, CSF

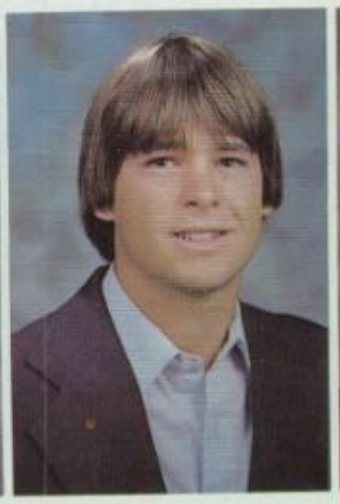
Melody A. Bell

Naomi Lynne Bell
Cross Country, Track

Debra Ellen Bergman
Gymnastics, Choir

Scott A. Bilbia

Sandy Bingham
Basketball, Ski Club



Jeffrey B. Birk

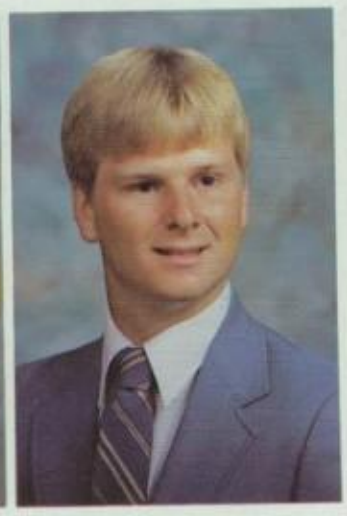
Karen D. Bishop
Marching and Concert Band

L. Kendra Blan
Cottonwood Staff

Carl Blaset

Stacia Marie Bodeman
Songleader, Drill Team, Senior Class Committee

April D. Bole
Rifles, Drill Team, Gymnastics



Marc David Bowen
Football, Wrestling, Baseball

For Twins Day during Spirit Week, seniors Pat Stoll and Tim Fuentes wear their matching football clothes and perform on a tandem bike. They lead their class during lunchtime activities by winning the pie eating contest.

Joe Boyle

Kristine C. Bradford

Christopher L. Brady
Percussion Section, Jazz Band

Deborah Branch

Karen Brand
Senior Teezers

Julieann J. Brogan
Varsity Soccer, Track, Cross Country

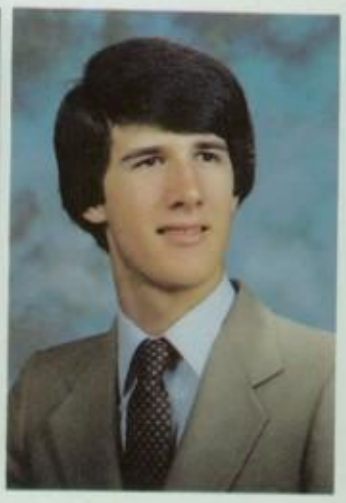
Bick Brown
Varsity Football

Mary Ellen Bruno
Senior Class Committee, Drama Club, CSF

Debbie Bubonic

Dennis Wayne Buffehr

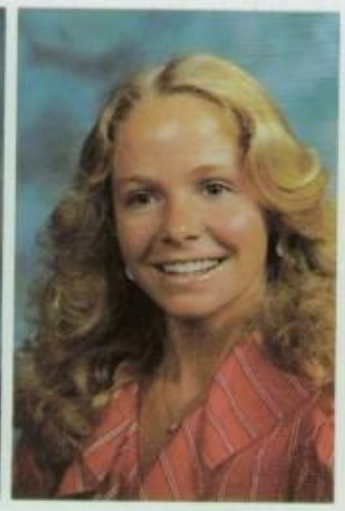
Thomas Bascome Burkett
Cross Country, Track



Steven Burris

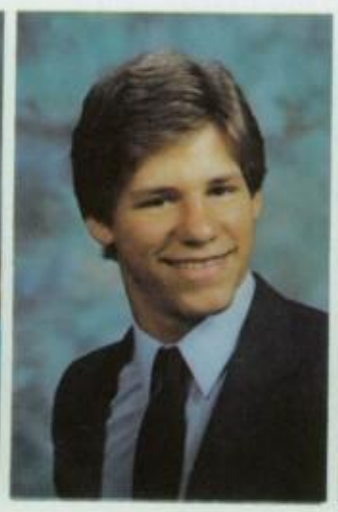
Caryn Marie Byrd
Marching Band, Track

Jim C. Calder

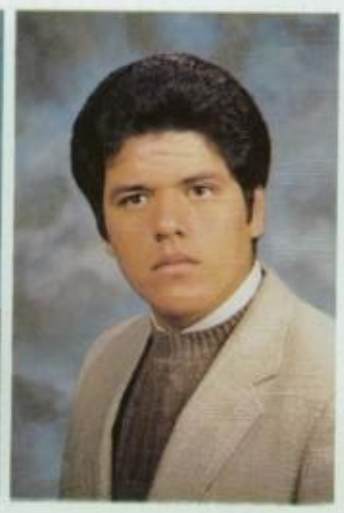


Karen Louise Campbell
Crystal Skiiers

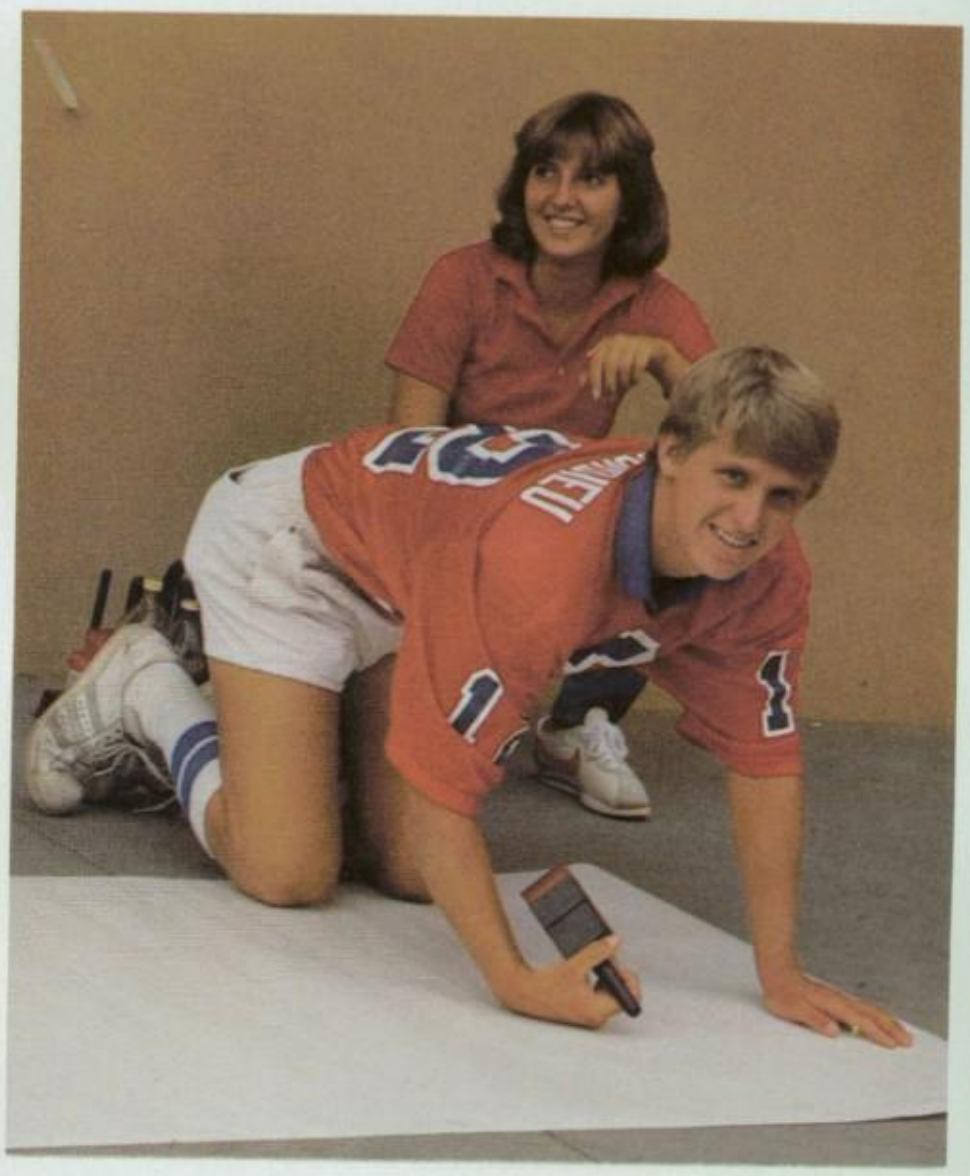
Kristin Lee Campbell
Crystal Skiiers



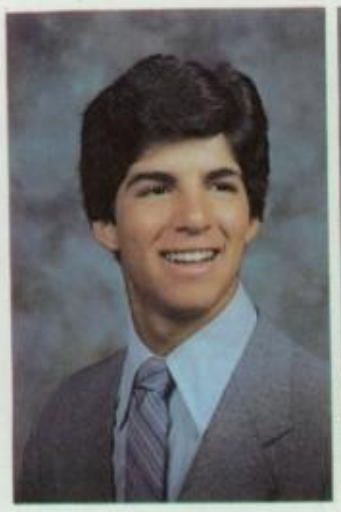
Ted Caraisco
Varsity Football



Vincent A. Cardiel
Football, Wrestling, Baseball, Cottonwood



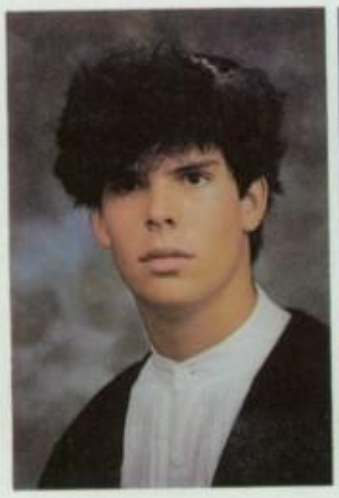
Seniors Chuck DuBourdieu and Nancy Stratton show their artistic ability as they prepare to make a sign for the Saturday night Homecoming Dance held after the game.



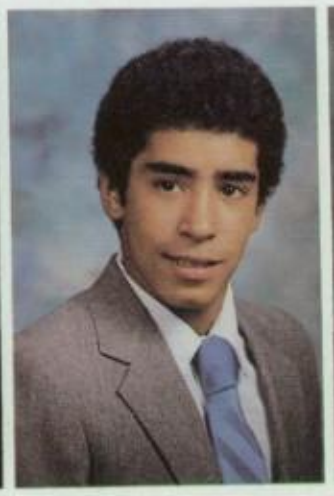
James Peter Carkagis
Cross Country, Golf, CSF

Lloyd Carreon

Maureen E. Carter
Jr. Class President, CSF

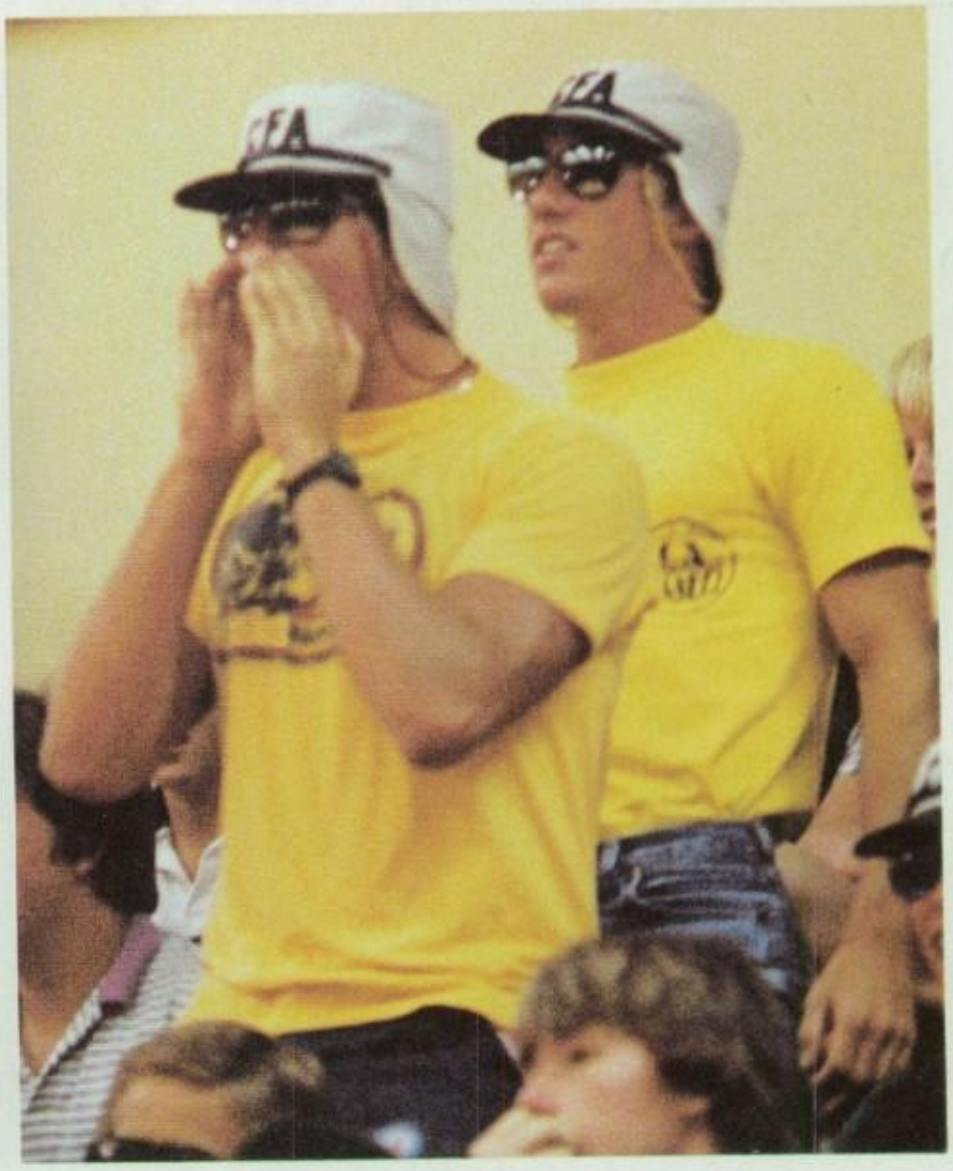


Michael Anthony Caruso
Drama Club, Fine Arts



James N. Castro

Reid James Cecil
Varsity Basketball



As they cheer for their favorites, seniors **Adam Summers** and **Sean Wiggins** proudly display their new CFA club hats for the first time at the homecoming assembly.

Tony Chang
Varsity Basketball

Chris A. Chapman
Swimming

Jane W. Chen
Senior Class Committee, CSF, MHS, Track

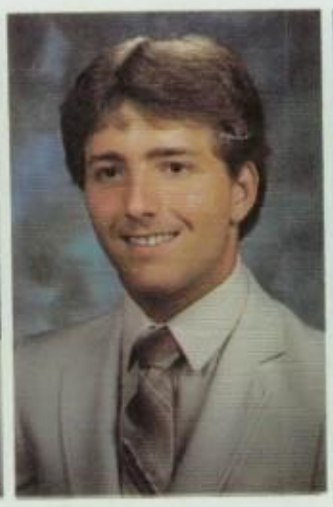
Lilly Chen
Art Club

Joette Renee Chieppor

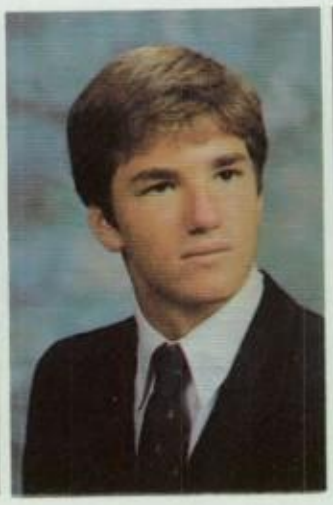
David S. Cho
Crusader Staff, Varsity Tennis, Key Club

Kevin M. Christensen

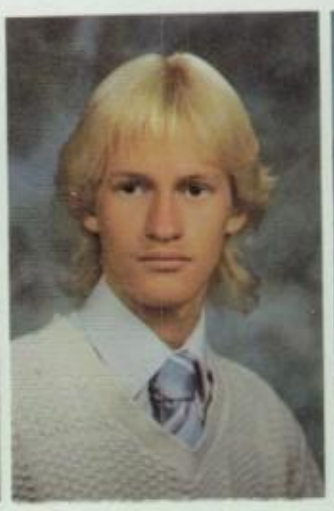
Dave Eugene Christy
Ski Club



Michael J. Cimmarrusti
Varsity Baseball, Senior Class Committee

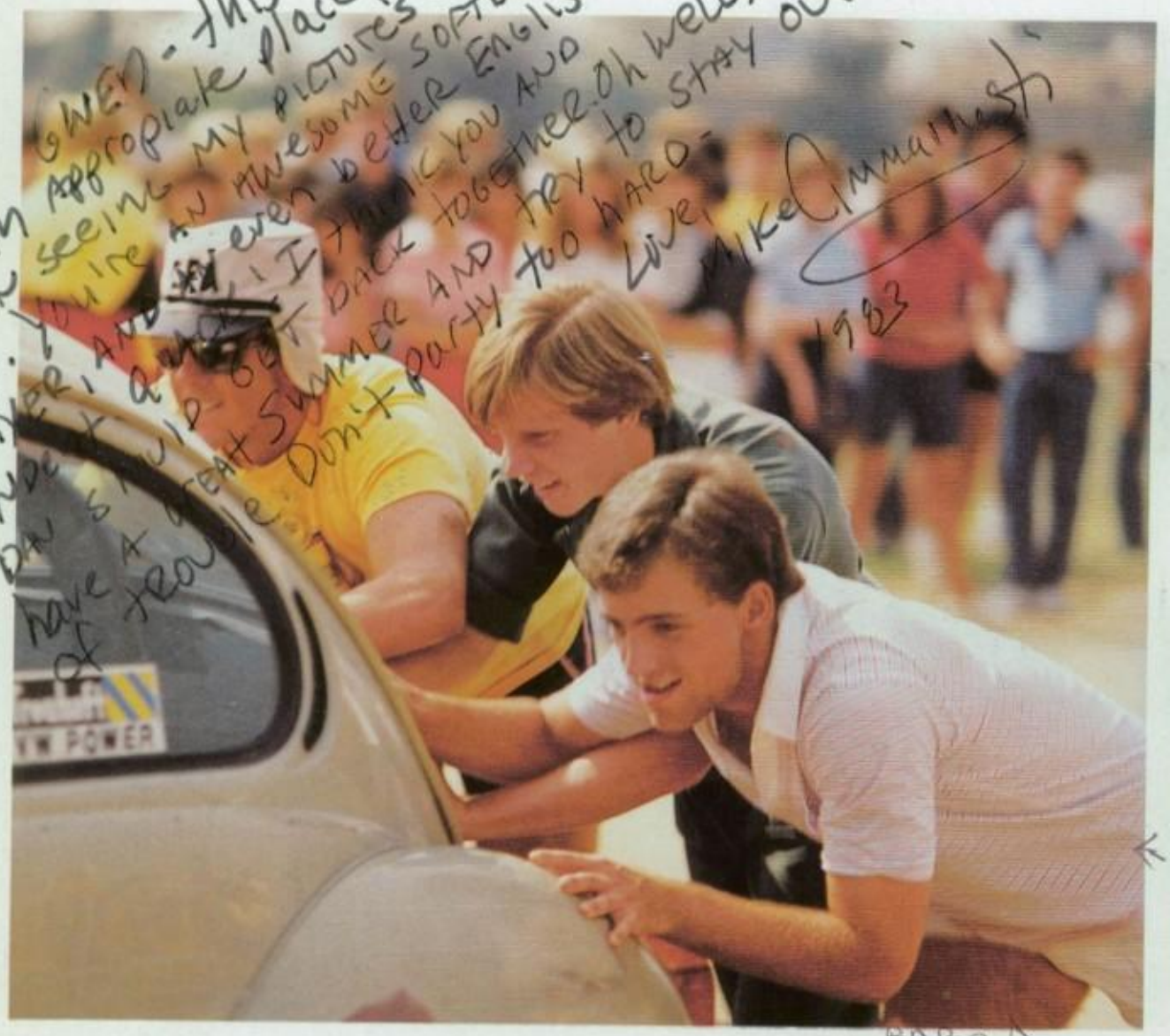


Stephen M. Clark
Varsity Baseball



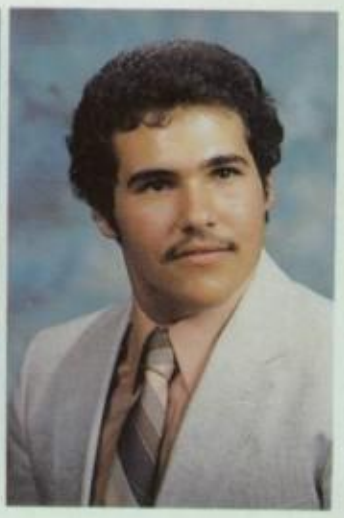
Robert Allen Clifford

Jerry R. Cochran
Ski Club, Marching Band



During spirit week, **Adam Summers Paul Seigman**, and **Mike Cimmarrusti** enter the "Bug Push" contest. By the determination on their faces, the seniors were extremely successful in winning the bug race.

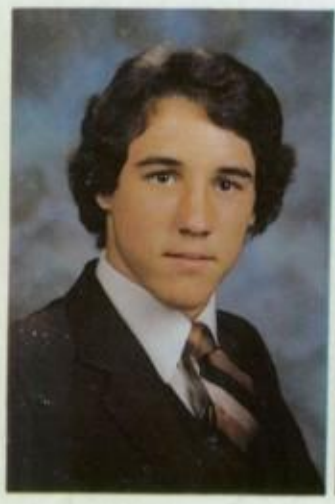
Lisa Doren Cohen
Cottonwood Staff, CSF, Senior Survivors



Robert Colangelo

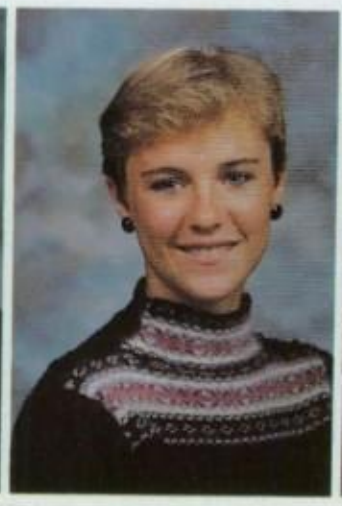
Monte K. Collins
Congress

Stacey L. Coltart

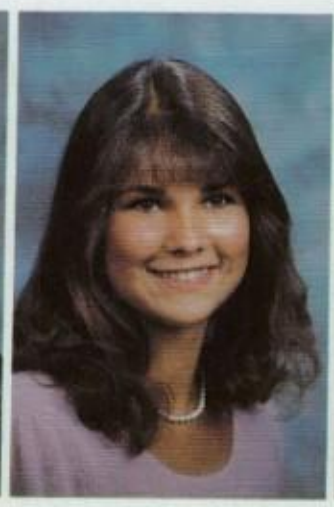


Rodney Cosby
Track

Harley Coster



Casey L. Cottrill
Drill Team, Law Club



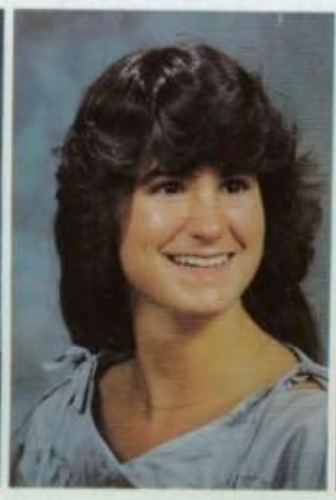
Jill Noel Covington
Senior Teezers

Elizabeth E. Crane
Academic Decathlon, CSF

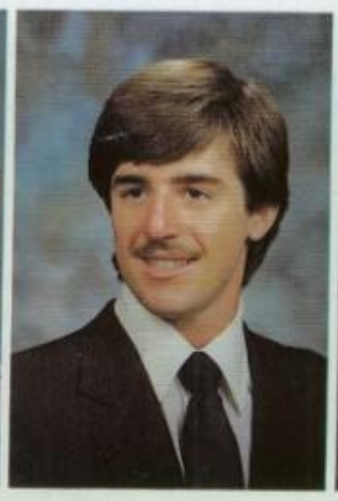
Alice Craven
Cross Country, Track, Marching Band

Carole A. Crawford
Choir, Backpacking Club

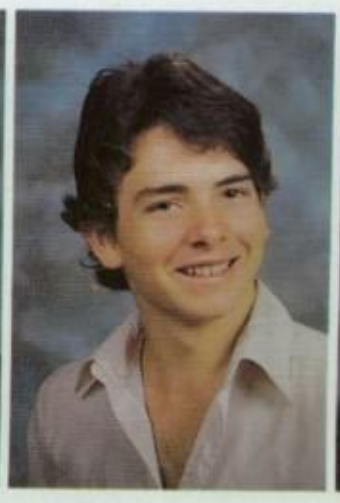
Brian John Curran
Key Club



Kristine M. Daniels
Chamber Choir



John C. Danvers
Cottonwood Staff, CSF, Wrestling



Steven R. Davenport

Donna Lyn Davis
Ski Club, Senior Rebels

Kim Davis
Spanish Club, Junior Jammers

Mike DeBruyn

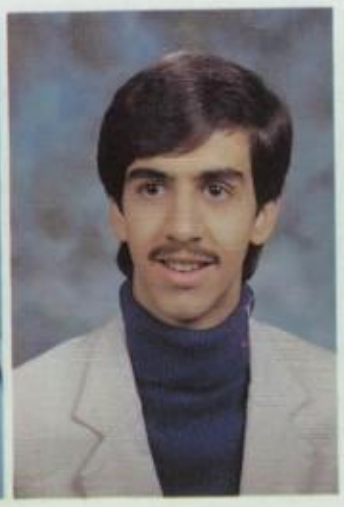
Daniel Deforest

Eva Marie DePina

Twins Day is a fun part of Los Al's spirit week. **Suzanne Hoffman** and **Stacia Bodeman** enjoy themselves during lunchtime activities including a pie eating contest, a volleyball game, and a bug push around the track.

Michael Robert DePrez
Varsity Basketball, Senior Woodies

Peter F. Dett
Ski Club

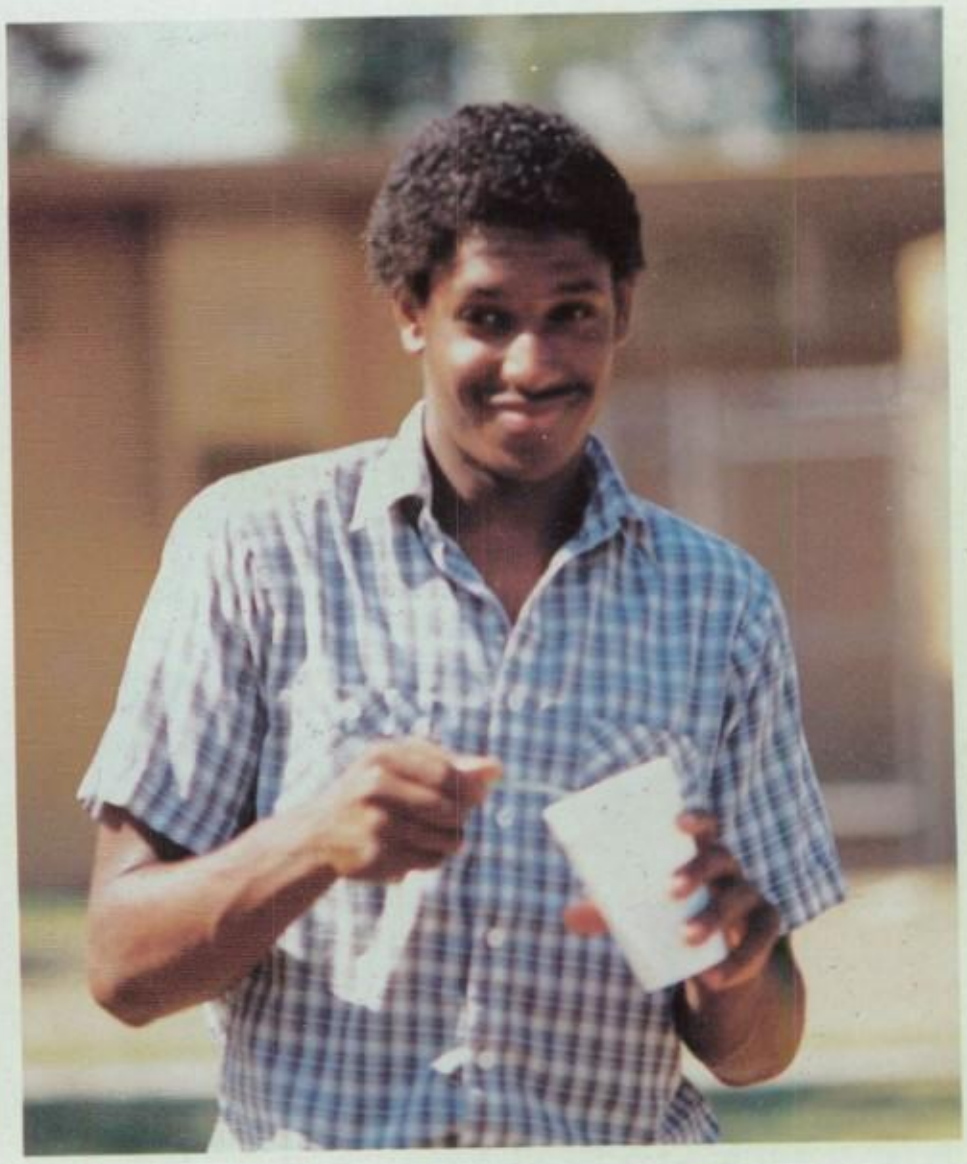


David A. Diaz
Drama Club, CSF, Junior Class Committee

Lisa Marie Dingillo
CSF

Karen Dingle
Choir, Junior Jammers

Lynn Dirmann



During the afternoon lunch break, senior **Bill Lewis** stares deviously at a group of his friends plotting what he can do to them with his chocolate shake.

Carmelo Disalvo

Barbara Dodge

David Donevant

Paula Donnelly

Christy Doorbetakis
CSF, German Club, Congress

Susan Dianne Drew

While supporting the band and the drill team, **Gina Meyer** and **Peggy Beckett** get a good laugh when **Ronald McDonald** flirts with them on the parade route.

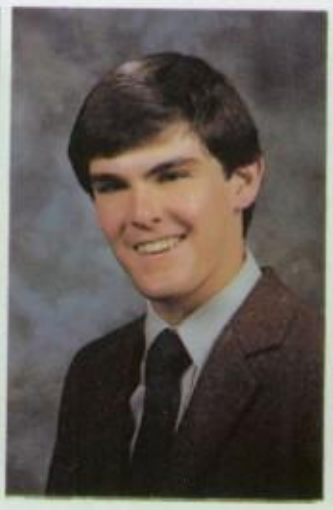
Jackie Palmer is pleased to know her friends remembered her birthday. Given at lunch was a surprise party thrown by her friends in the Senior Celebrities.

Charles DuBourdieu III
ASB President, Varsity Football, Soccer

Laura Duenes
CSF

Shelly Lynne Dufek
Senior Teezers, JV Basketball

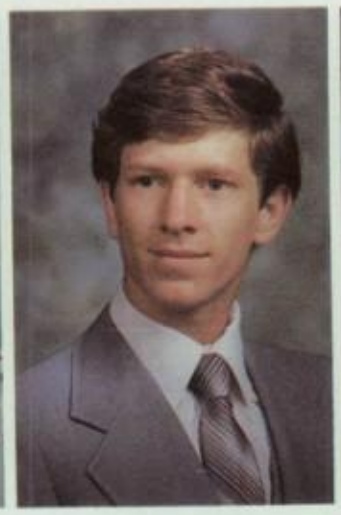
Sherry Layne Dufek
Senior Teezers



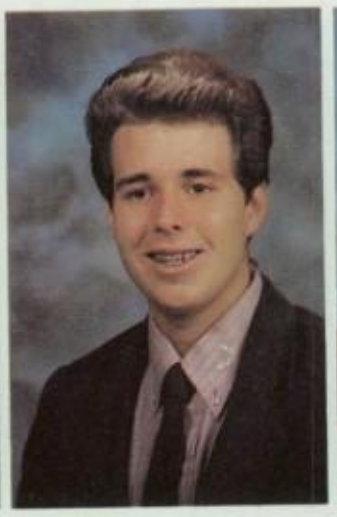
Lyall John Duncan

Joseph H. Dunn
CSF, Key Club

Lauren Dunphy

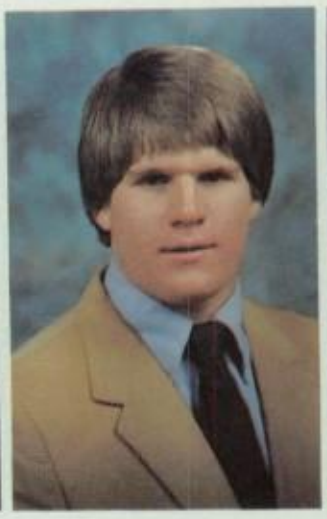


Joseph A. East
Academic Decathalon, Kiwanis Bowl

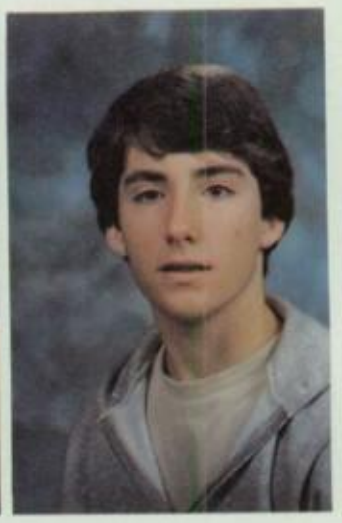


Michael Eaton

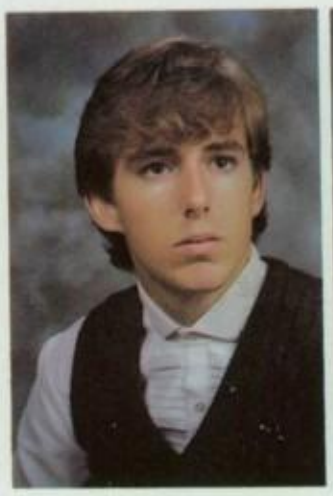
Lisa Edmunds



Rick Eickhoff



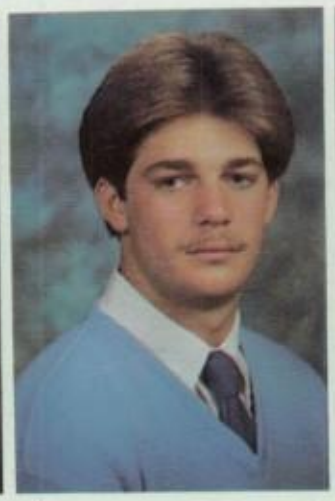
Eric Eliot



Douglas Bryan Elsee
Ski Club

Karen Englert
CSF, German Club

Brent W. Erickson
Varsity Soccer, Baseball

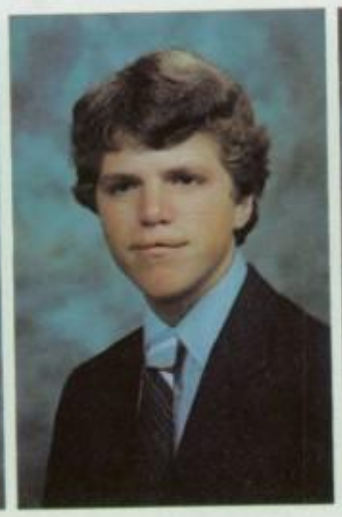


Pete Ernandes

Kelly Denise Etchison
Varsity Track, Senior Rebels

Janene L. Eubanks
Drill Team, Songleader, Keywanettes

Lisa A. Falsken
Varsity Basketball, Volleyball, Softball



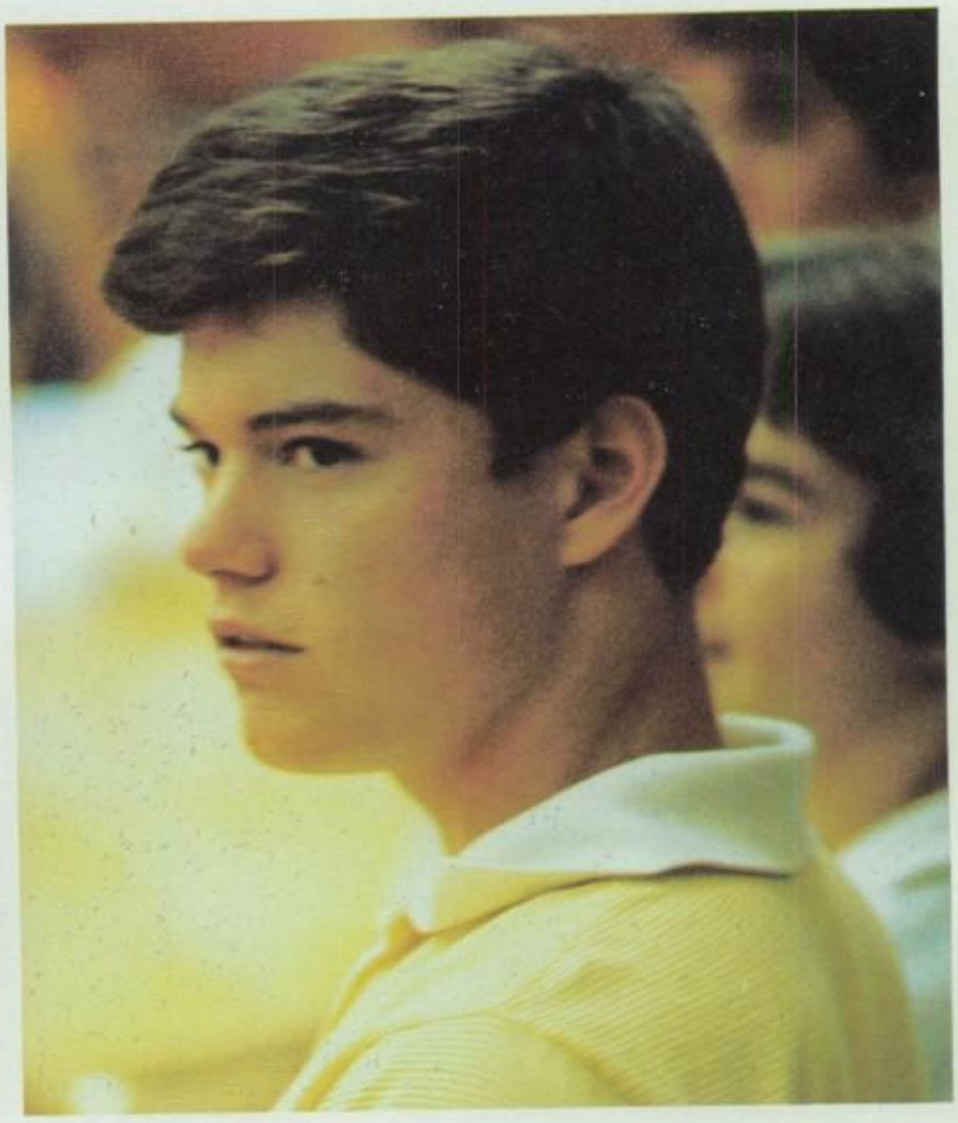
Greg Fife
Advanced Band

Sherry Finnegan

Debbie Fischbein

Douglas Flack

Richard J. Flood

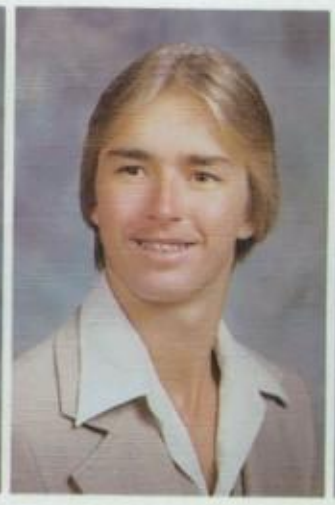


Senior class president Jason Noe looks attentively at the humorous activities happening in the gym during the homecoming pep rally for the student body and football team.

Jill Marie Fordham
Senior Celebrities, Congress

Kaylon L. Forte
City Night Seniors

Anthony Foster
Varsity Football, CSF, Senior Class Committee

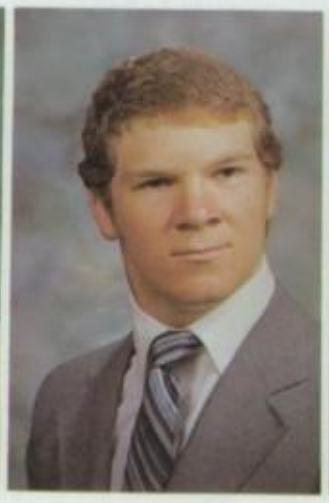


Jon J. Fowler
L.A. Jumpers

Brian Adrian Foy

Ted R. Francis
Cross Country, Track

Douglas Fraser



Robert C. Fraser Jr.
Varsity Football

Christopher Frewin

Julie Ann Friesenhahn

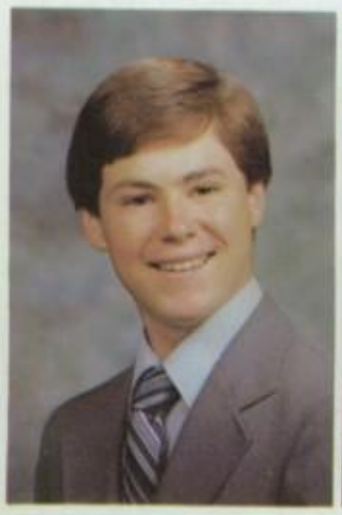
Janna LaVelle Froboese
Senior Survivors, Drama

Timothy C. Fuentes
Varsity Football, Track

August James Galante

Claudia Gaona

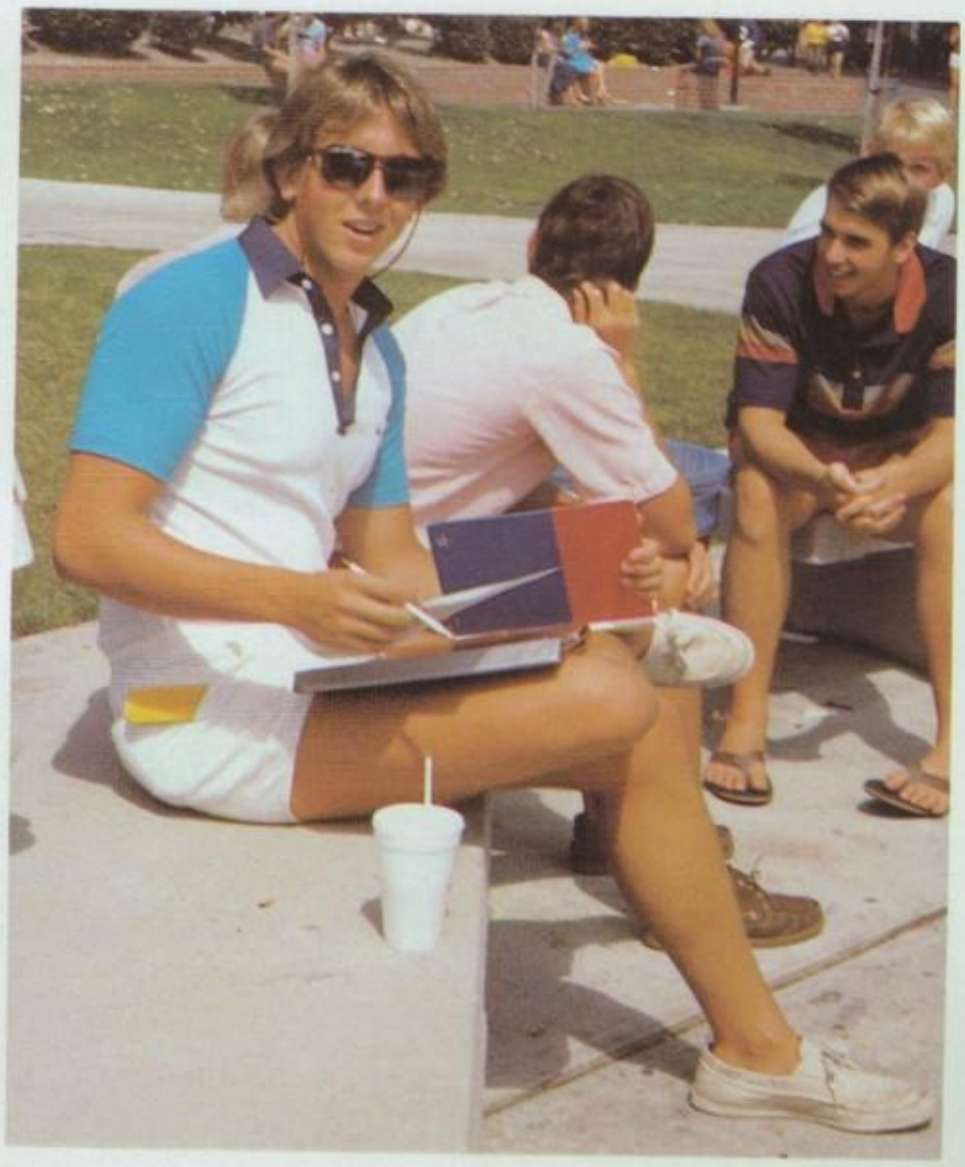
Steve Garcia



Jeffrey Gardner

Margaret Elizabeth Gary

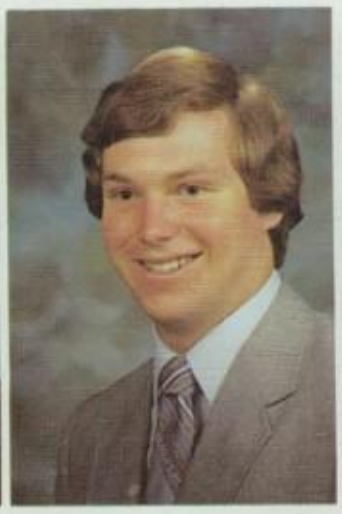
Donna Lynn Gauvain
Junior Jammers, Drama Club



During lunch, A. J. Summers, a varsity member of the water polo team, does his government homework, which is due next period. A. J. was a nominee for Mr. Irresistible.

Rachelle Gdowski

Kevin R. Giles
Jogging Club, Speech Team

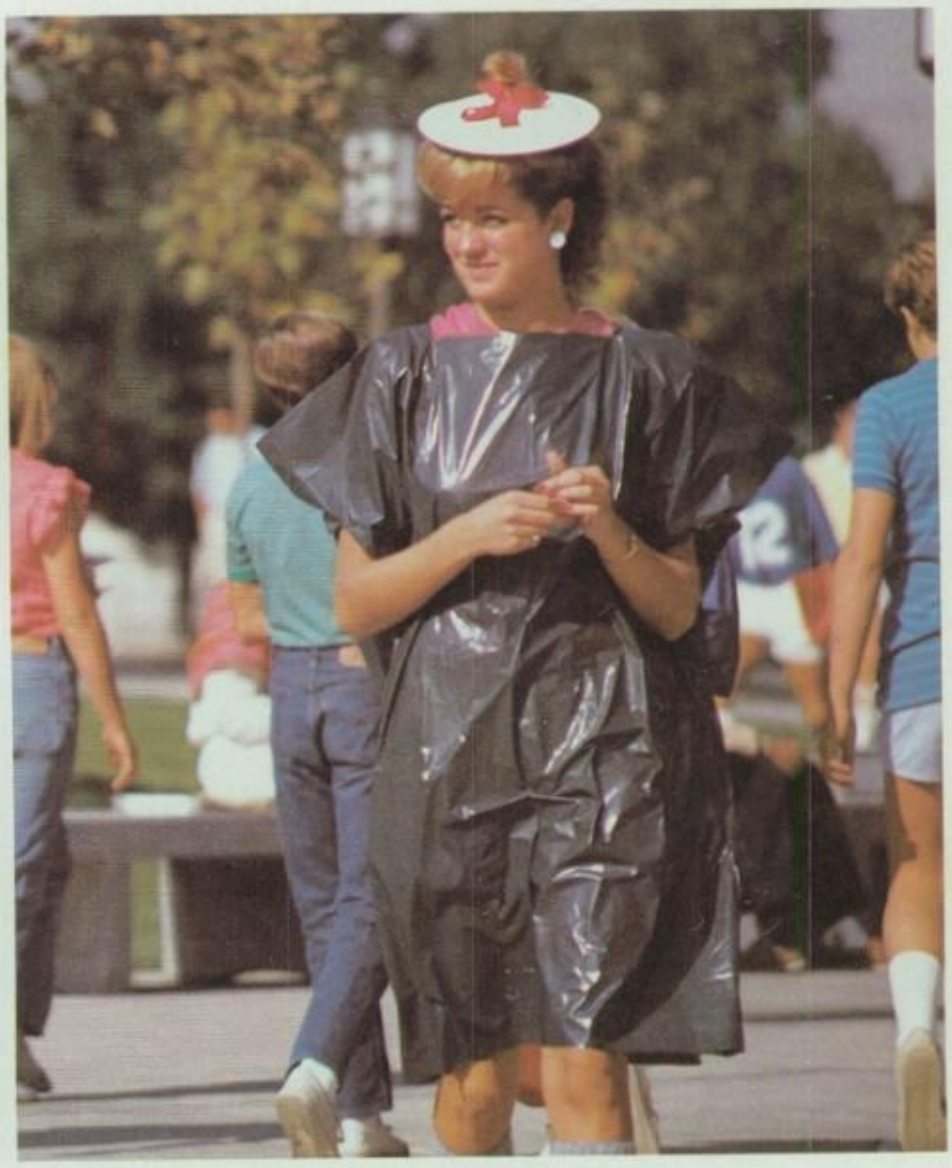


Timothy A. Gillilan

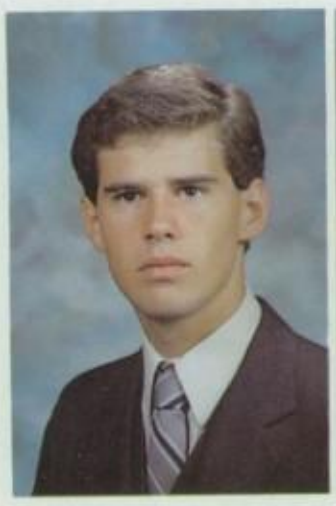
Robin Liane Ginn
Orchestra

Jacqueline Lea Glover
Softball

Cindy Go
Varsity Swimming, CSF, Congress



During Spirit Week, **Leslie Howard** shows her school spirit by dressing up as the twin of all fourteen members of the Senior Celebrities. The Celebrities' outfits show creativity.



Joseph Godoy

Kelly L. Goldiano
Senior Class Committee

Maria Gonzales
S Club, Drama Club, Senior Class Committee

Beth Elaine Goodman
Drill Team, Senior Class Committee

Denise Gorba

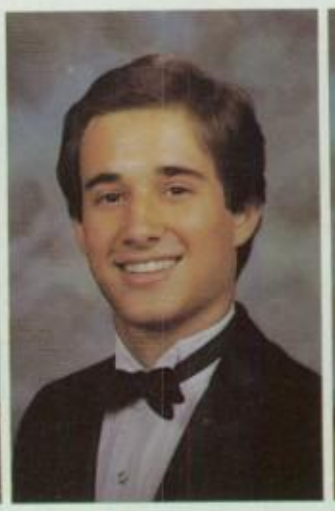
Cole C. Gordon

Quentin Gordon

Jon Charles Gorton

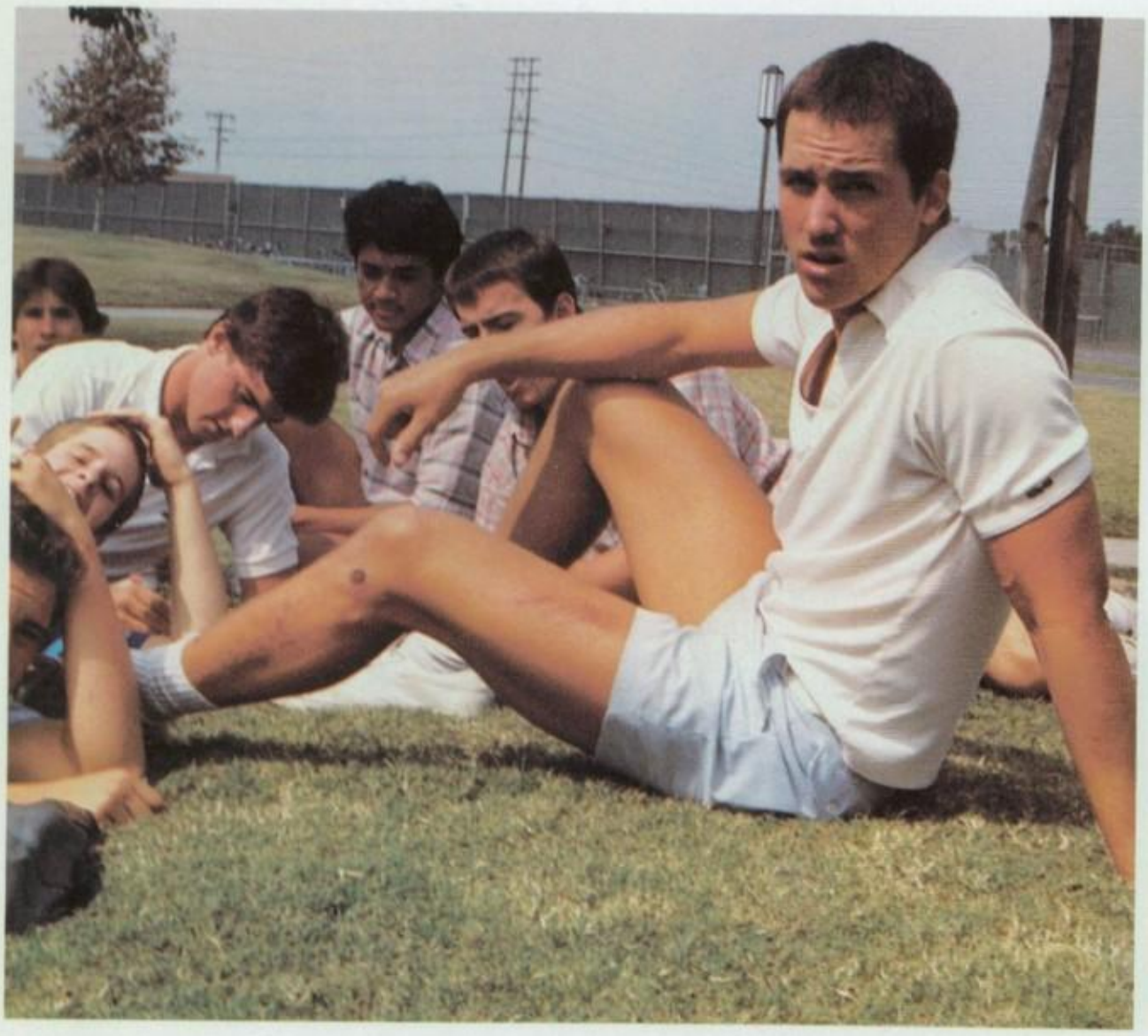
Carolyn Ann Gough
Drama, S Club, Senior Survivors

Steven W. Grant
CSF, Congress Senior Class Committee



David R. Greenberg
CSF, Ski Club

Laura Ann Griffith
S Club, German Club, Concert Choir

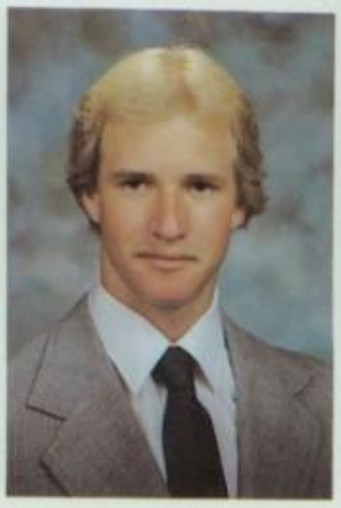


Members of the Varsity Football Team gather during lunch to go over some plays for the game against Pacifica. **Pat Stoll, Rich Moody,** and **Dan Zorilla** go over the strategic tactics while **Joe Kimball** sighs with confusion.

Lynda Marie Grimes

Katherine A. Habenicht
Senior Celebrities, Ski Club, Drama Club

Marciel M. Hadlock
Honor Roll, CSF



Daniel Steven Hafner

Wearing her Senior Celebrities jacket on a cold day, **Tammy Sloan** strolls down the school halls on her way to English but is delayed by some Celebrity friends.

Rodney L. Hancock

Beth Louise Hansen

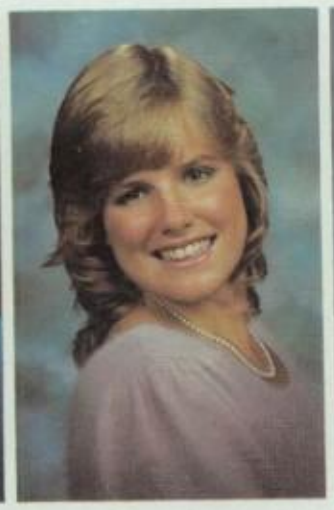
George M. Hapsic
JV Basketball, Varsity Track

Lisa N. Hardesty

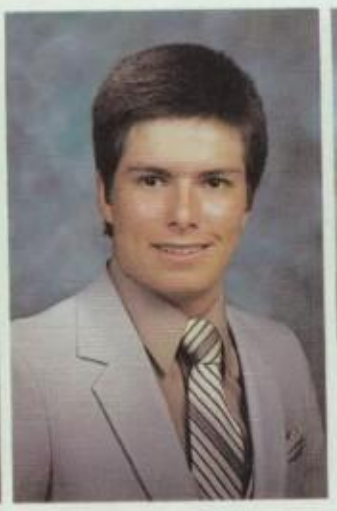
Julie Hart

Paul Arthur Hartman
Varsity Soccer, Decathalon

Alice Hawkins



Stefanie J. Hawthorne
Varsity Tennis, Senior Teezers

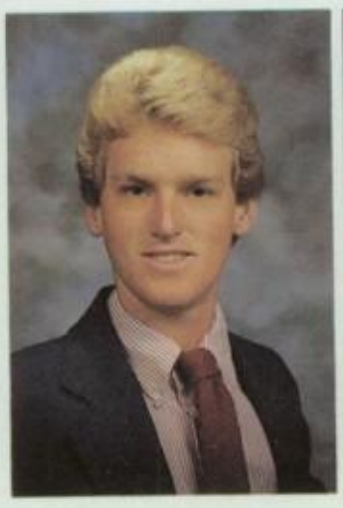


Edward J. Haycox
Varsity Football

Jeffrey R. Hayward
Varsity Football, Ski Club

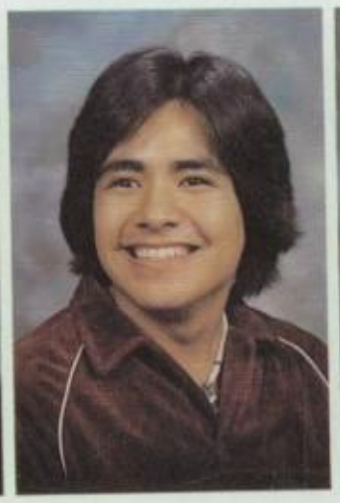
Tracy Lynn Hecht

James J. Hedgecock



Thomas Heffern

Andrew D. Hermann
Varsity Basketball, Baseball, CSF, Crusader Staff



Ben Hernandez

Brad D. Hirst
Varsity Baseball, Key Club

Suzanne E. Hoffman

Tammy L. Hofmann
City Night Seniors

Thomas S. Homrighausen
Varsity Soccer

Victoria Anne Horan

David D. Houck
Varsity Baseball, Congress

Leslie A. Howard
Varsity Cheer, Senior Celebrities, Keywanettes

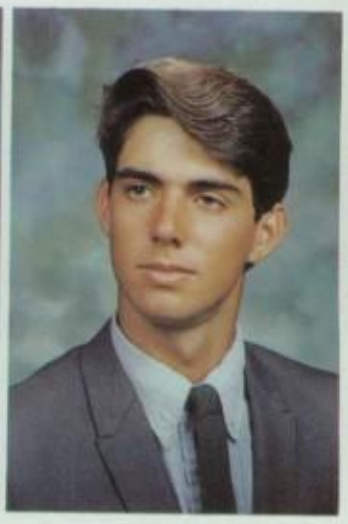
A member of the Naughty Sweethearts, **Sue Allard** holds on to "her man" **David Christy**, while David catches an enthusiastic **Gail Battisti** off guard during the homecoming football game with a big kiss on the cheek.

Bick Brown and Rich Morgan stand on the sideline at a home football game waiting for their chance to go into the game. Each team member contributes a great deal to the team as a whole.

Michelle C. Huber
Varsity Swimming

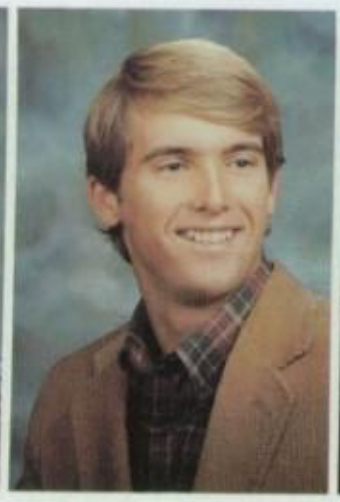
Kari Lynne Hudson
Softball, Drama Club, Senior Class Committee

Lazaro Inguanzo



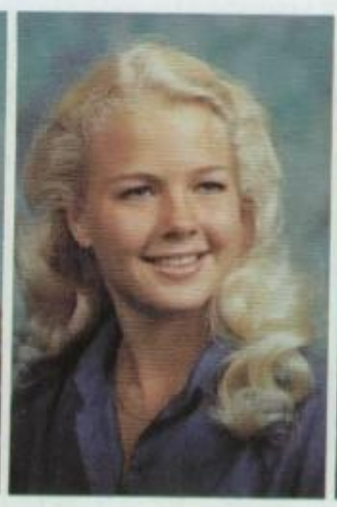
Garth Will Inskeep

Susan Jacobson
Marching Band, Orchestra



Jake Jamison

Kim Jeanotte

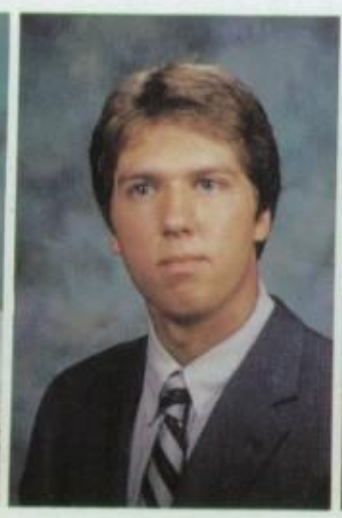


Dawn A. Jekkals

Belinda Jennings

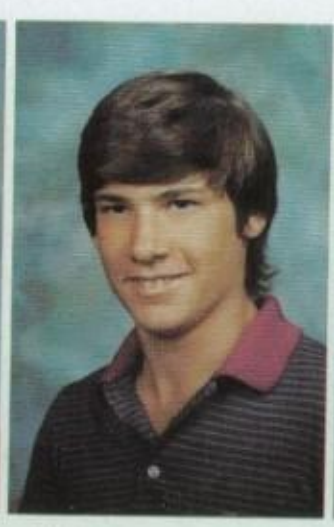
Freda D. Johnson

Laurie A. Johnson
Keywanettes, Cottonwood Staff, Chamber Choir

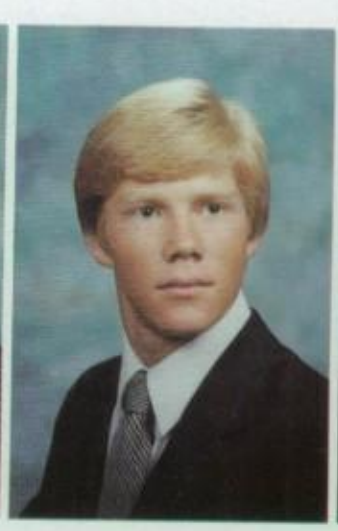


M. Robin Johnson
Marching Band, Drama Club, Mascot

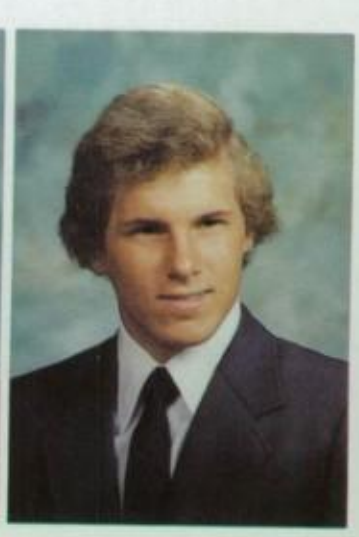
Douglas W. Jones



Michael Jones



Mark D. Junkermann
Varsity Track, Cross Country



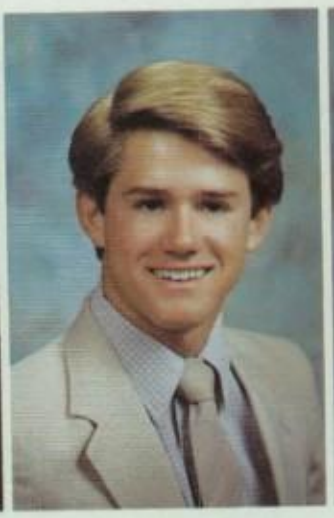
David Jury
Varsity Track, Cross Country

Michael L. Kasumovic
Varsity Tennis, CSF, Senior Class Committee

Kevin J. Kelder
Varsity Soccer, CSF

Sherman Keller
Varsity Football

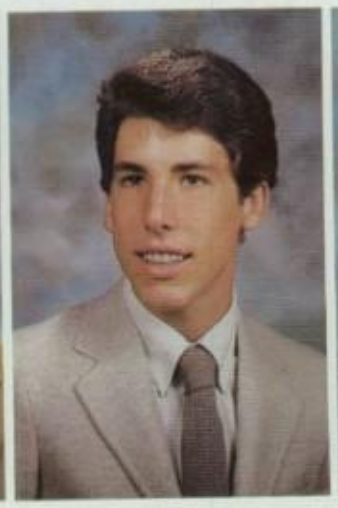
Scott Kelly



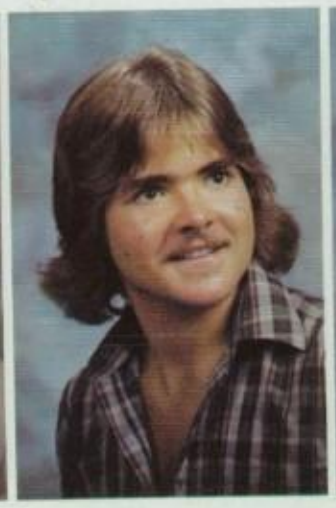
Fred Kergan
Yell Leader, Drama Club, Congress, CSF

Lori Kidd

Joe Kimball
Captain Varsity Football, CSF, Congress



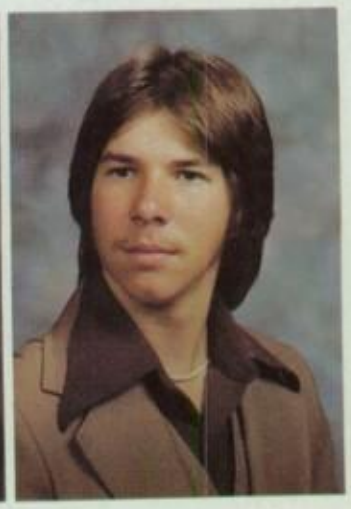
Donald G. Klabouch
Diving Team, Ski Club



Thomas Koch

Elizabeth M. Lamason

Robert Lance



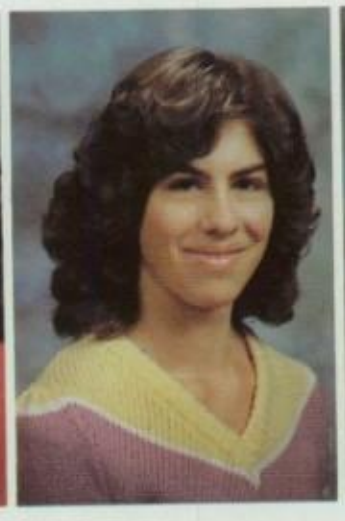
Kevin Lane

Brett W. Lansford
Varsity Football

Monte Alan Larsen
Ski Club, Law Club, Drama Club

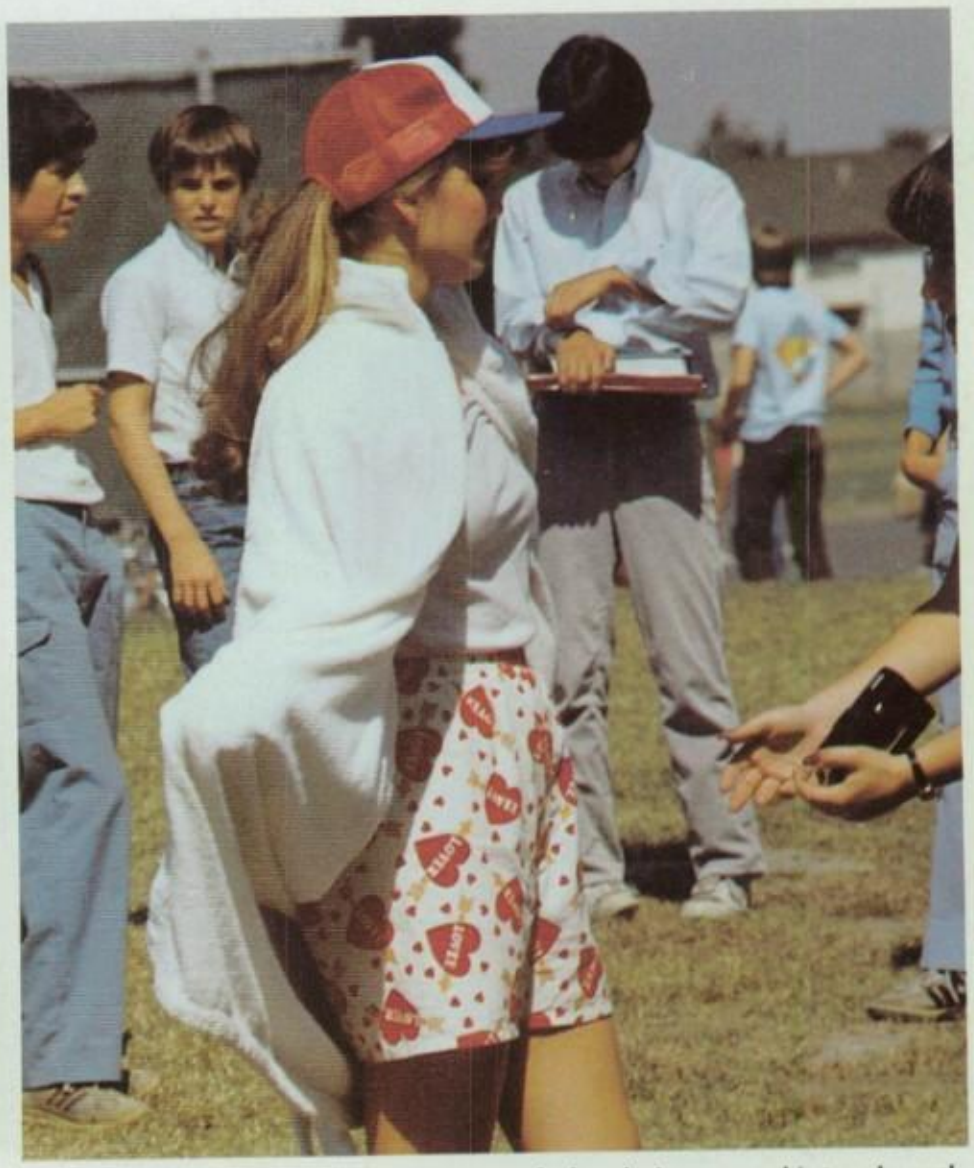
Tracy Ann Larson

Kathi Lynn Lattanzio
Gymnastics, Cottonwood Staff



Carol Lynn Laurie
S Club

Rachel T. Lefley
Drill Team, Chamber Choir, Congress



Gail Battisti tries to dry off with a towel after being tossed into a barrel of water. She is a member of the tug-of-war contest during spirit week.

Taking a break from the hectic pace of producing the yearbook, **Kendra Blan** smiles as she thinks about the Madness Concert she is going to this weekend.

Cynthia L. Leonard
Drill Team, Ski Club, CSF

Kevin Lester
Congress, CSF

Sharon Beth Levey
Senior Class Committee, Keywanettes

William H. Lewis Jr.
Varsity Football

Edward Limer
Diving Team

Kimberly Jo Lindsay

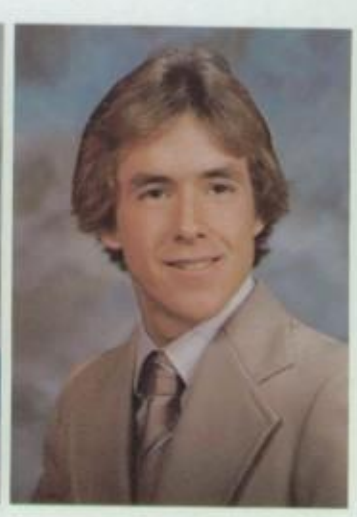
Tracy J. Logan
Varsity Volleyball

Douglas David Lopez

Fred S. Lopez
Wrestling

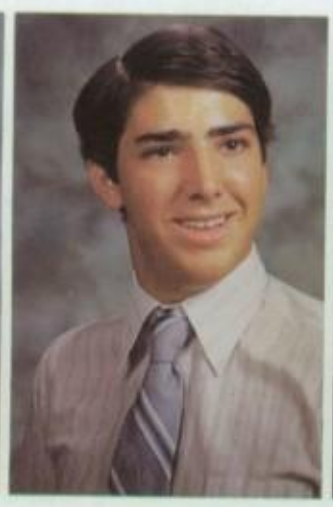
Raymond R. Maeda
Varsity Basketball, CSF, Congress

LeeAnn Mahoney
Varsity Soccer, Senior Teezers

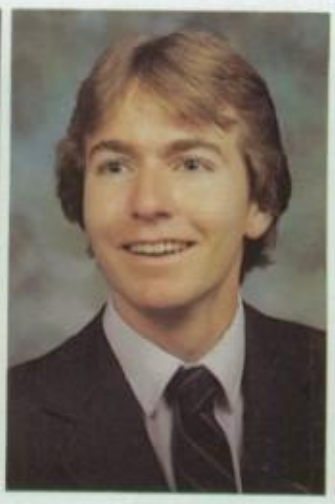


Donny Manatt

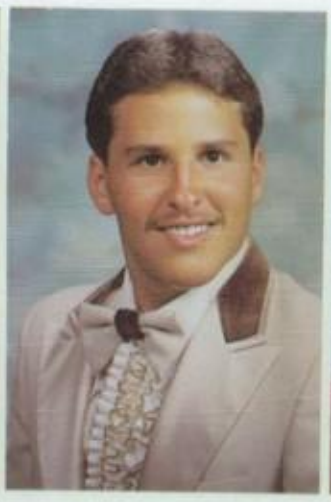
Kelly Manos



Matthew P. Marrick
Key Club



Larry Martin
Varsity Tennis



Michael T. Maurer

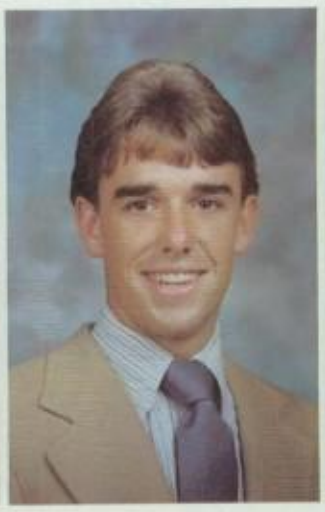
Pamela J. Maurer
Varsity Tennis, Swimming

Mary McCartney

Sandra J. McClaren
Soccer, Swimming, Cottonwood Staff

Kevin S. McDaniel
Band, Drama, Stage Band

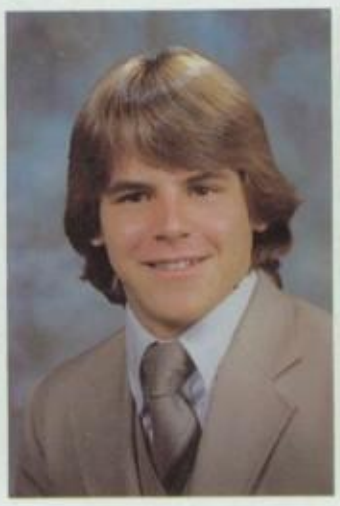
Laura Lynn McDaniel



Tony M. McGuinness
Varsity Soccer

Scott C. McHale
Marching Band, Key Club, Concert Band

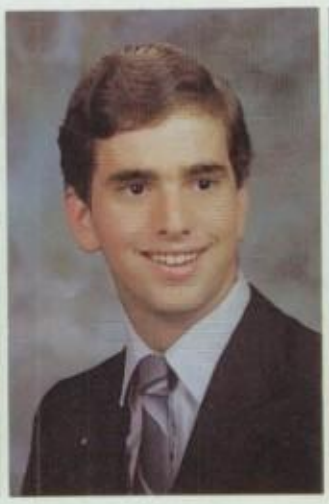
Rose Ann McIntyre
Cross Country, Soccer



Scott R. McLuen
Law Club

Janna McNamara

Alison M. Medcalf
German Club, Ski Club



Ronald E. Menard
Marching Band, French Club, CSF

Julie A. Merhi

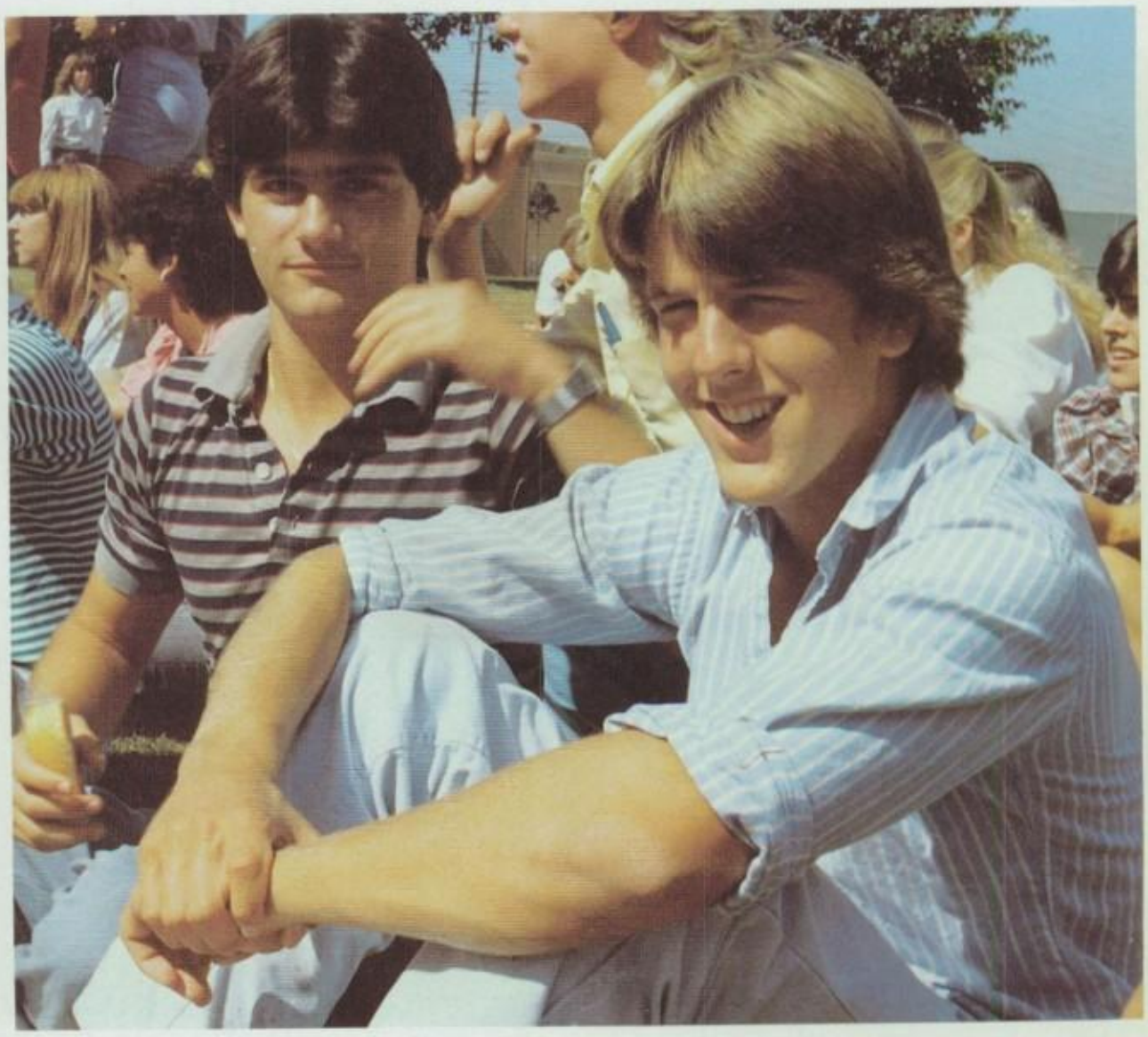
Shannon L. Metzger

Regina Marie Meyer
CSF, Congress, Drill Team, Cottonwood Staff

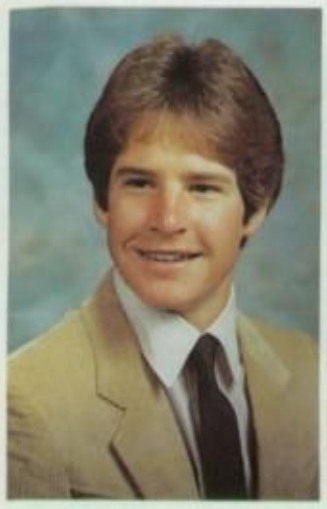
Don Meyers

Ron Joseph Millar
Soccer

Alison Miller
Drill Team Captain, CSF



Pat O'Marah, sitting on the grass at lunch, grins at the various attempts by many creative students to dress-up as twins. Larry Sweet enjoys a delicious twinkie while relaxing in the sunshine watching exciting Spirit Week activities.

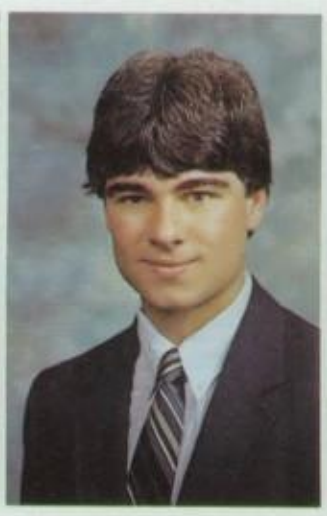


Scott Wade Miller
Varsity Tennis

John W. Minaker

Yvette L. Molina
Varsity Volleyball, Keywanettes

Rich Kenneth Moody
Varsity Football, Ski Club, Spanish Club



James Morelli

Lisa M. Morey
Swimming, Keywanettes

Eric Morgan
Baseball, Diving

Andrew J. Morrissey
Congress, Cross Country

Kelley A. Mullaney

Mike David Murphy
Ski Club

Craig Duane Murray
Varsity Football

Vernicko Murray

Nimfa T. Nafarrete
Songleader, Drill Team, Keywanettes

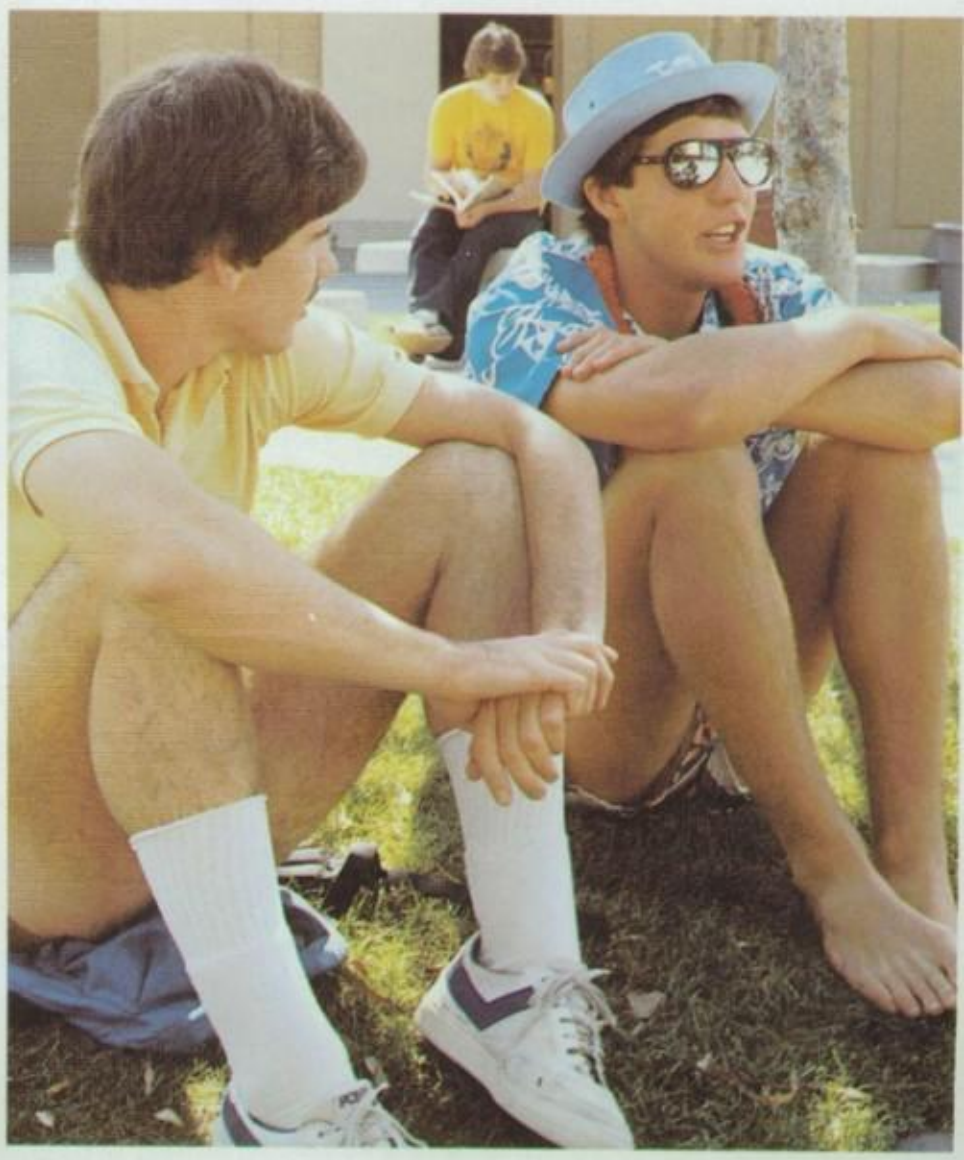
Craig H. Nakao

Lucinda G. Napoles
Varsity Cheer

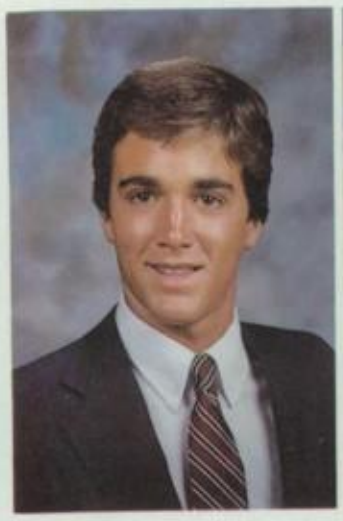
Monique Napoles

Richard T. Needham
Varsity Basketball, CSF

Gary Newlin



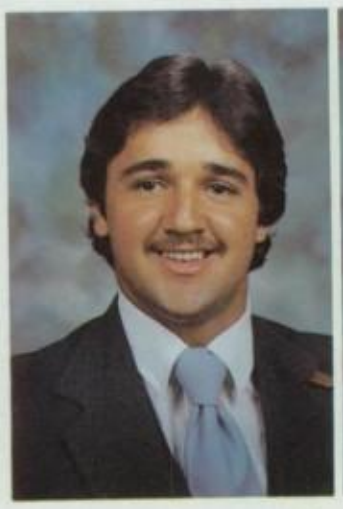
On Beach Day, **Mike Deprez** and **Andy Hermann** dressed up for the occasion and are relaxing during lunch. They are thinking about going to the beach after school.



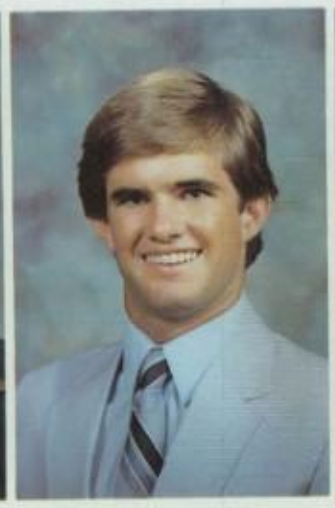
Kurt S. Nicolaou
Varsity Soccer

Dawn Noble

Jason Noe
Senior Class President,
Varsity Soccer, Ski Club

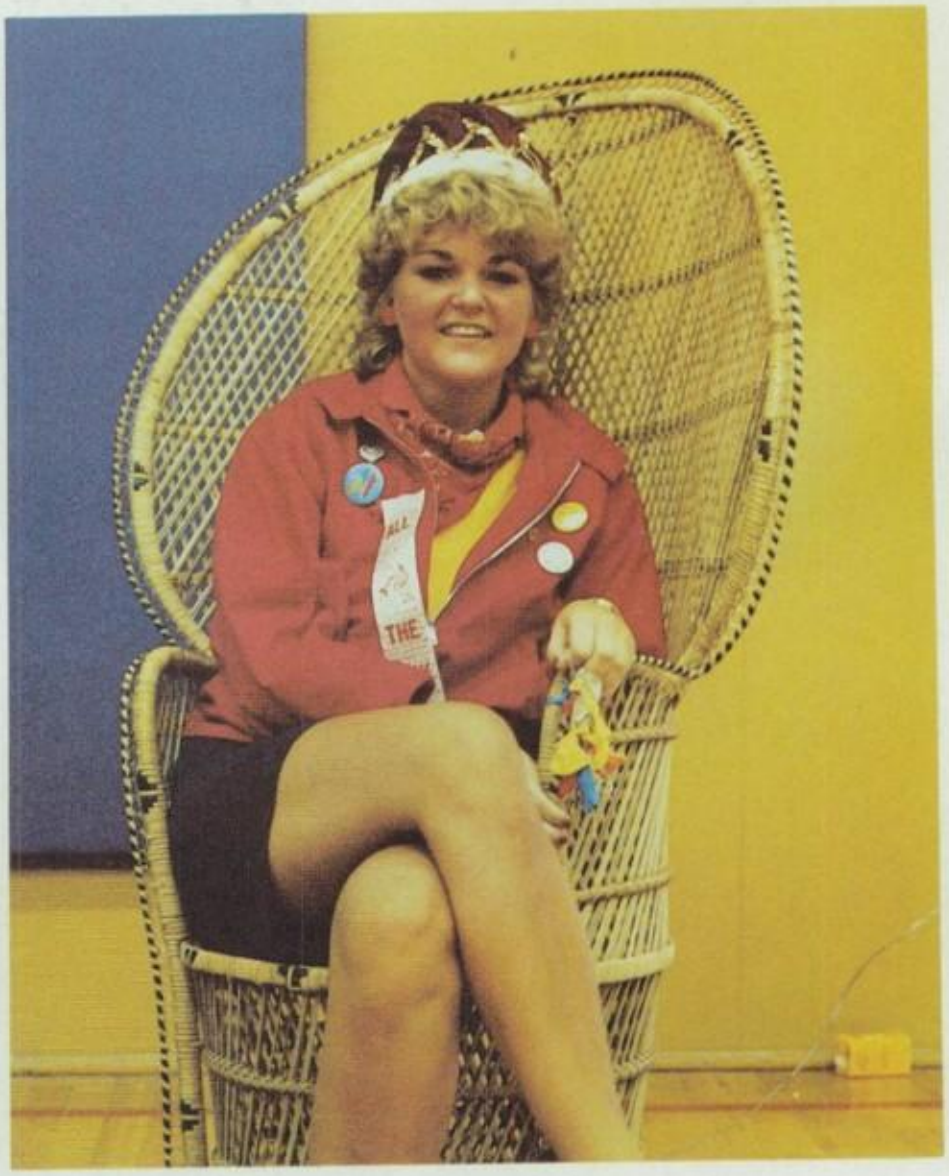


Jeffrey J. Noguera
Water Polo

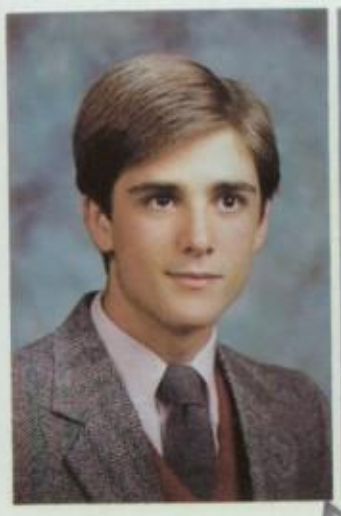


Craig Nordstrom
Varsity Soccer

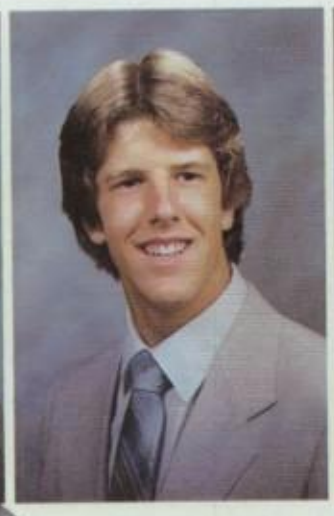
Lori J. Ohlrich
Senior Class Committee,
Naughty Sweethearts



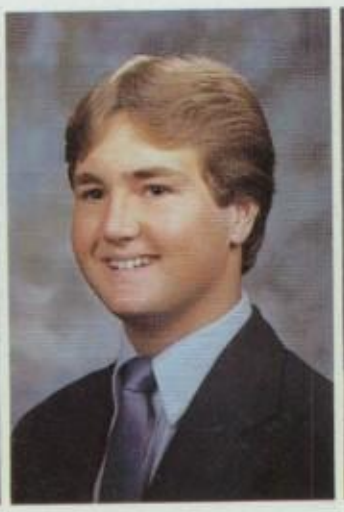
After gathering up the broken balloon pieces and all of the other props used during the homecoming assembly in the gym, senior **Jill Fordham** stops to catch her breath.



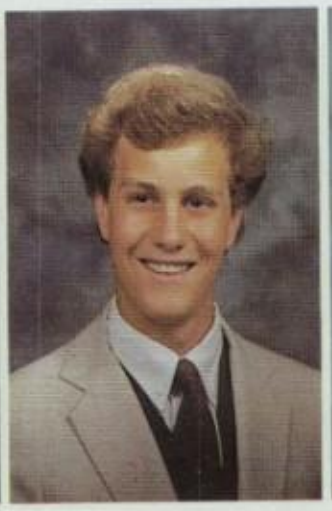
Gregory V. Olson
Varsity Basketball, CSF,
Boys State



Patrick O'Marah



William E. Oppenlander



John Michael Orr
Cabinet, Crusader Staff,
Senior Class Committee

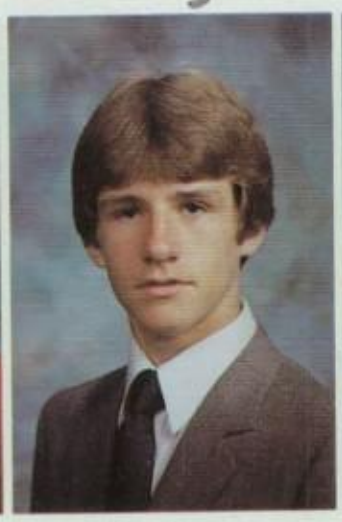
Lisa Orr

Mark Ottenstroer

Owen's babe, hot-looking

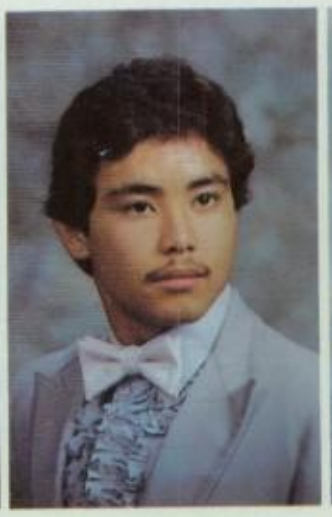
Kimberly N. Owen
Varsity Softball, Soccer,
Volleyball, Sky Club

Jody Paholski



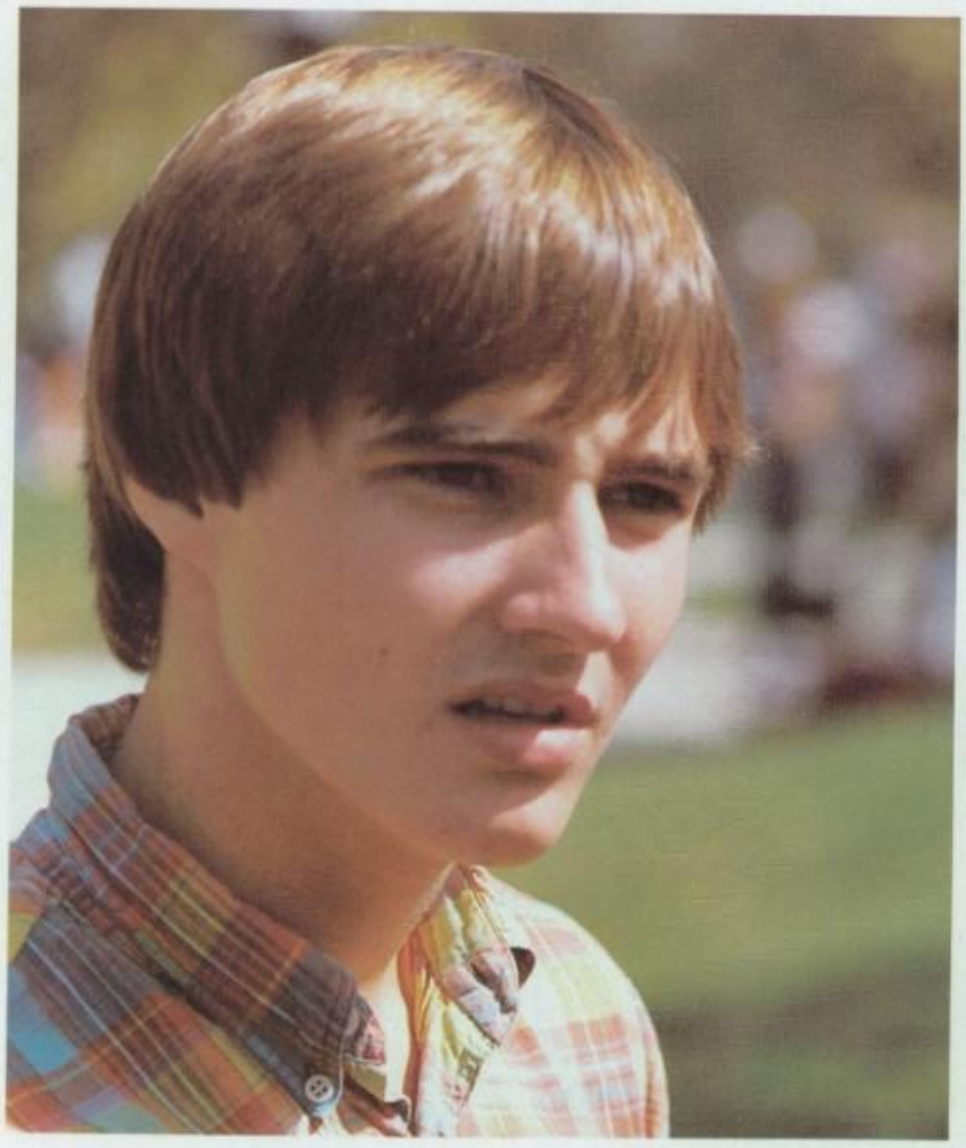
Don Palmer

Jacqueline M. Palmer
Senior Celebrities,
Keywanettes



Tim J. Pangelinan
CSF, Ski Club

Kelly Ann Papetti



Gil Stennis expresses his puzzlement at the sights he has been seeing around campus. What Gil doesn't realize is that today is Twins Day, and everyone is seeing double.

Pamela Sue Parker
Drill Team Co-Captain, Senior Celebrities

David P. Parkinson
Varsity Tennis

Russ E. Patterson

William R. Patterson
ASB Vice President, CSF, Speech Team, Congress

Dannette Perez
S Club

Lisa Anne Petersen
Drill Team, Senior Celebrities

Rickee K. Peterson
Senior Rebels

Thomas Pettigrew

Bardia Pezeshki
Academic Decathalon, CSF

Bret Wayne Pfost
Cross Country, Varsity Track

Theodora Phillips

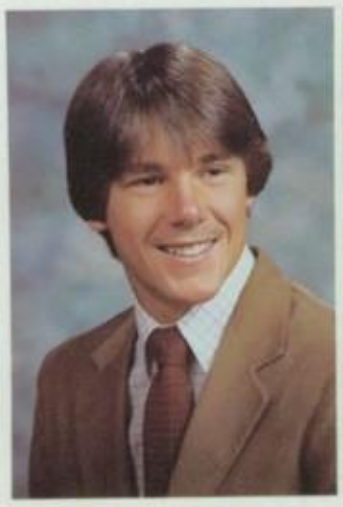
John C. Pilatos

Lisa Ann Pillivant
Ski Club

Ann Marie Pincek
Tall Flags, Keywanettes, Concert Band

David L. Plattenberger
Track

Todd M. Pollard
Varsity Golf, Baseball



Mark W. Pollock
Varsity Soccer

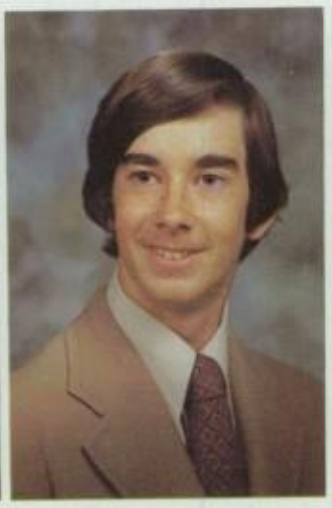
Steve A. Ponting
Ski Club

Jeff Pool

Monique M. Porras

Kari Hudson and Lisa Morey look like the best of friends. They are on their daily route of collecting the attendance sheets from all of the classrooms.

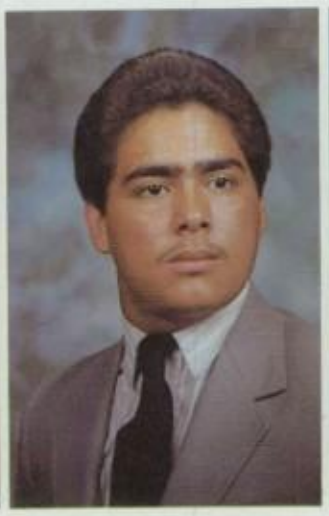
Elizabeth Powell
ASB Secretary, Cottonwood Staff, Keywanettes



Brett J. Preucel

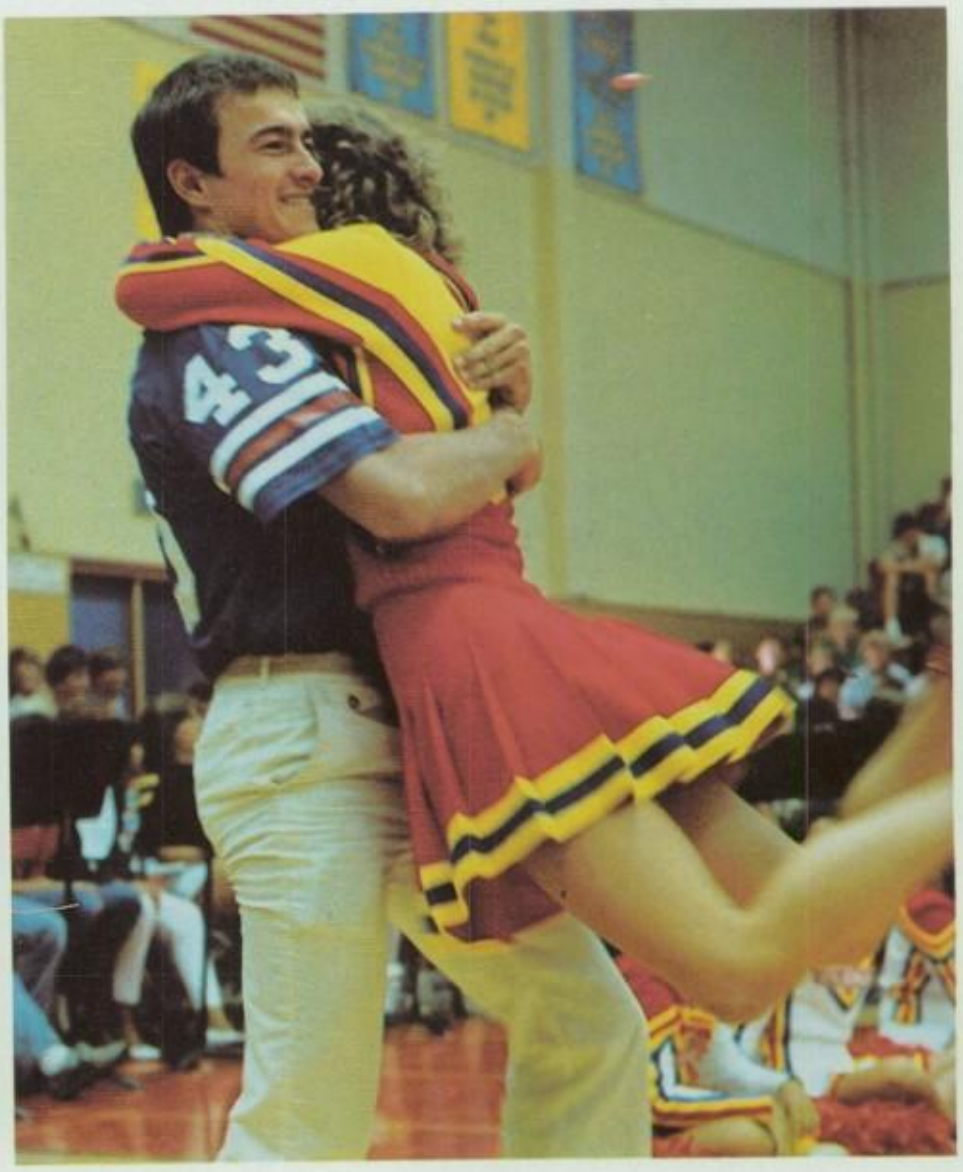
Nancy Lyn Procter
Varsity Volleyball, Senior Teezers

Cheryl Puckett



Jose Puente

Stephanie Ann Rada
Senior Teezers



While participating in the Homecoming assembly activities, seniors Rich Moody and Jackie Rudd embrace innocently, merely trying to burst a small balloon squashed between their stomachs.

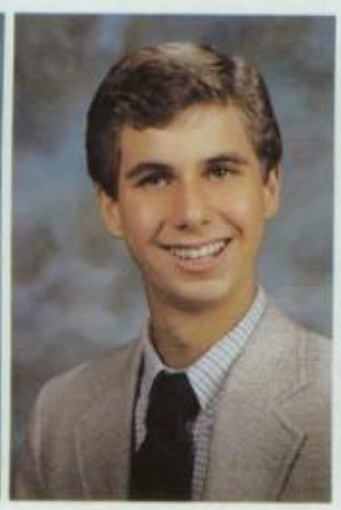
Mark Raichel

Dawn A. Ramaglia

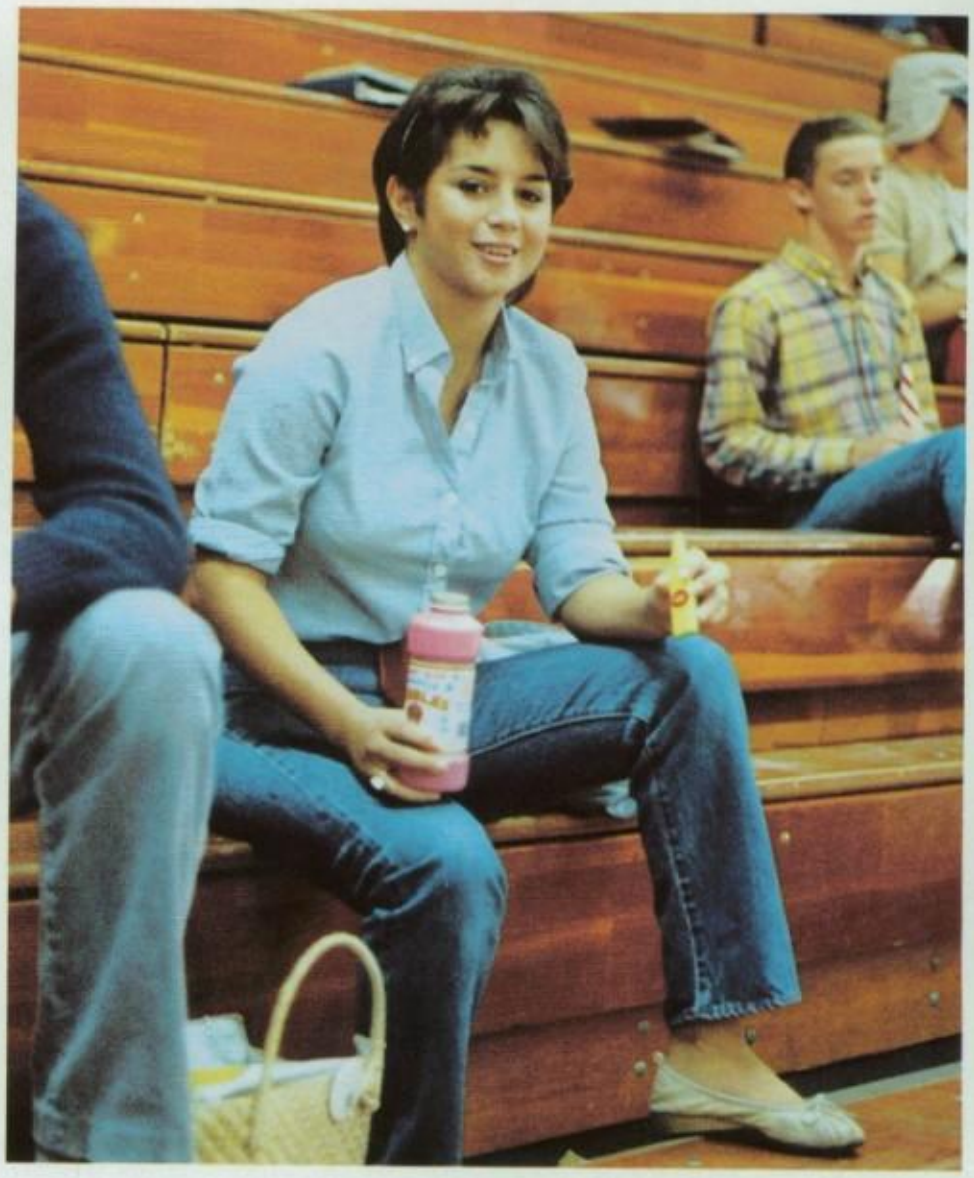
Christa Ramirez

Winton A. Ramsay

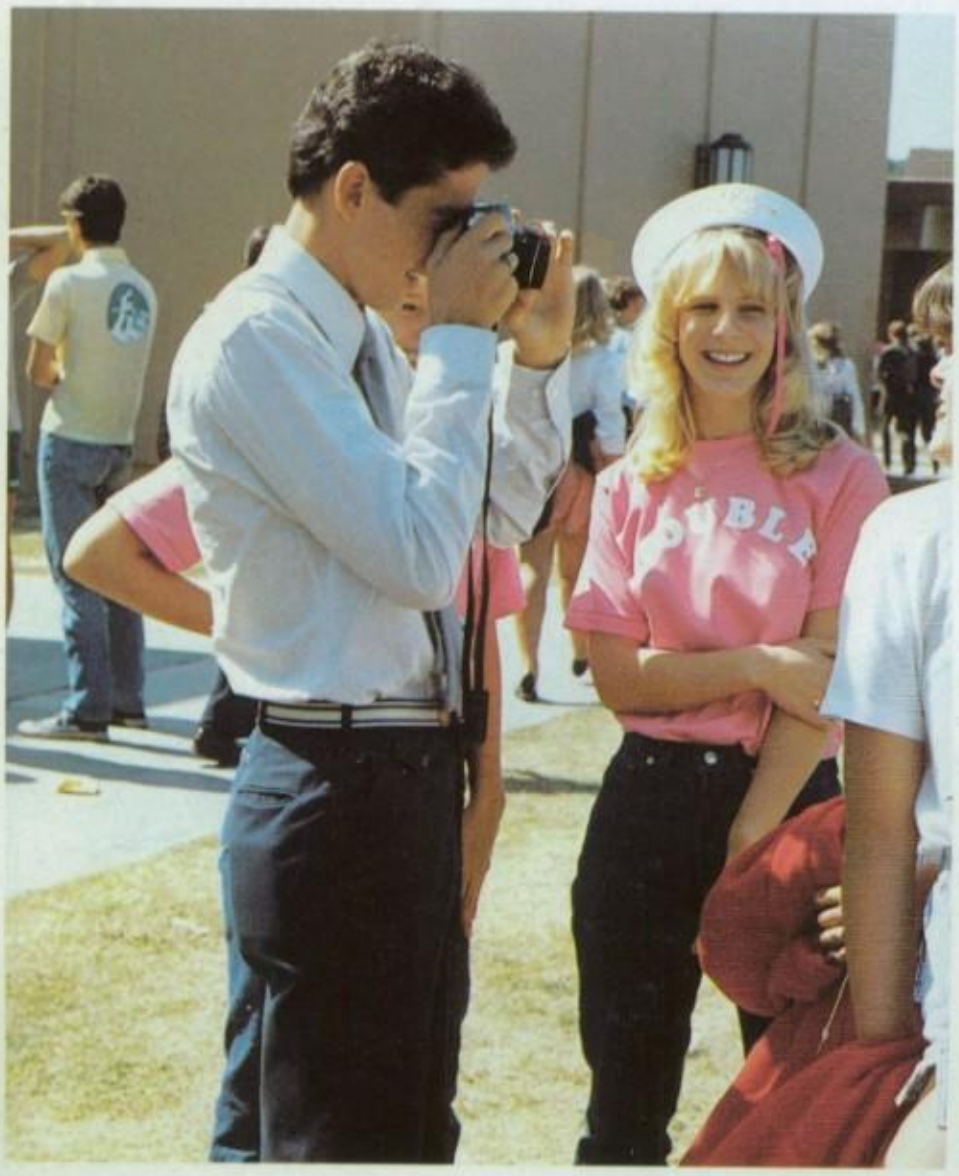
Steven Randall



Michael Rawls



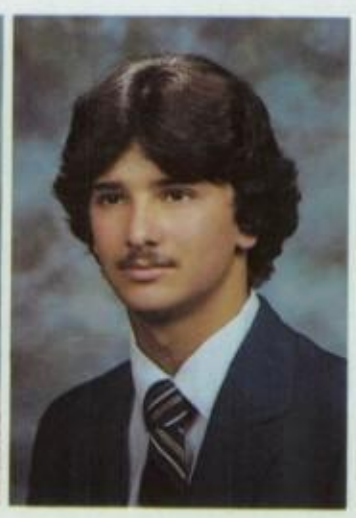
Christa Ramirez, a member of the t-shirt spirit club "L.A. Senior Rebels" takes part in the pep assembly by blowing bubbles and making music with her kazoo.



Head Junior Varsity Yell Leader **Louie Arambula** practices his aspiring photography talents by taking pictures of the many friends who actively participated in Twin's Dress-Up Day.

Michael James Ray

Wendy Regnier
Marching Band, CSF, Congress



Rick Reid
Varsity Swimming, Water Polo

Gail Reutershan

Bonnie A. Reynolds
Varsity Swimming, Congress

Ronald Reynolds

Anne Marie Riedel

John Ripley

Randy Roa
Wrestling

Sylvia Ann Roa

Omar Rodriguez

Rosalind P. Roehm
Songleader, Drill Team

Darren Rogers

Gregory J. Roop
L. A. Jumpers

Larry Rosen
Senior Class Committee

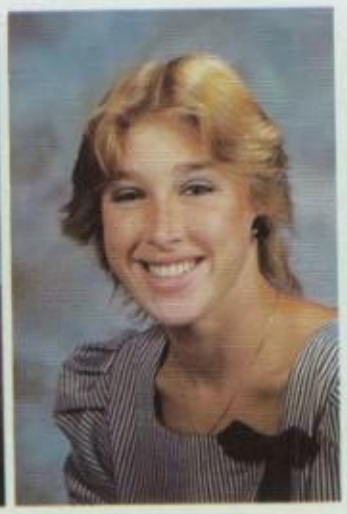
Daniel J. Rosenfeld Jr.
CSF, Computer Club

Alexander A. Roubanis
Varsity Tennis

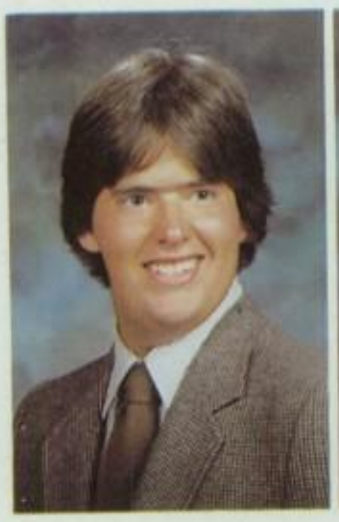
Jacqueline E. Rudd
Senior Teezers, Mascot

Anne M. Runolfsson
Drama Club, Speech Club

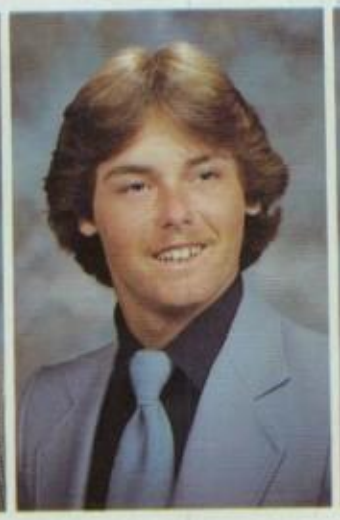
Edward Salas



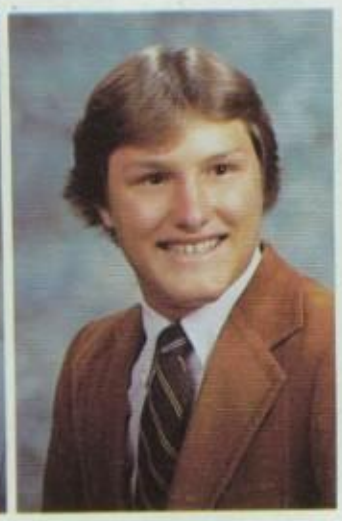
Jil Samland



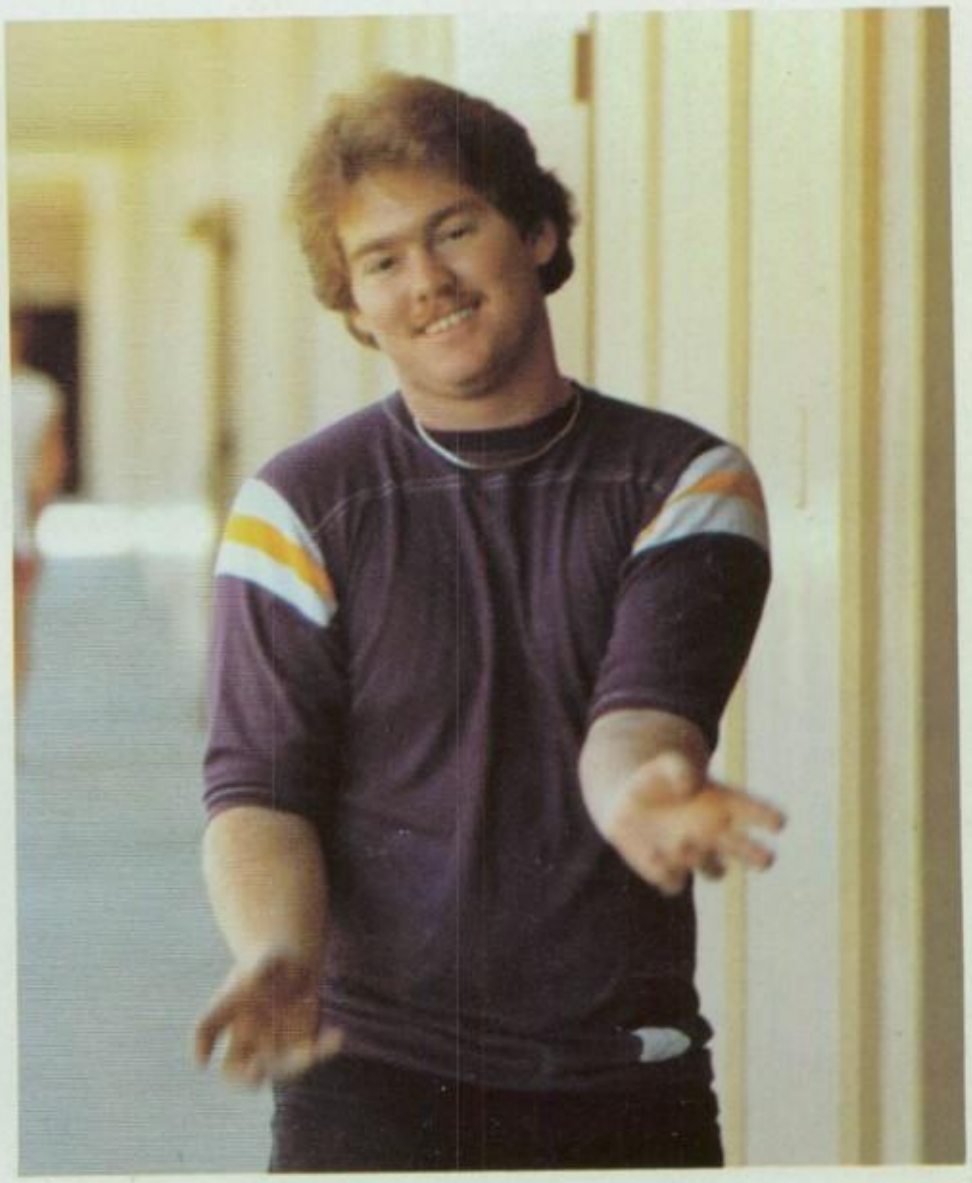
Craig Alan Sanden



William Sanders



Dan D. Saxon
Key Club, Ski Club



As a three year member of the Olympian Marching Band, Todd Senn has supported many band functions and through his friendly personality has gained many more friends.

Sonja K. Schenk

Grant E. Schippert

Kimberly Schlabowske

Robert S. Schmidt

Catherine J. Schneider
CSF, Volleyball

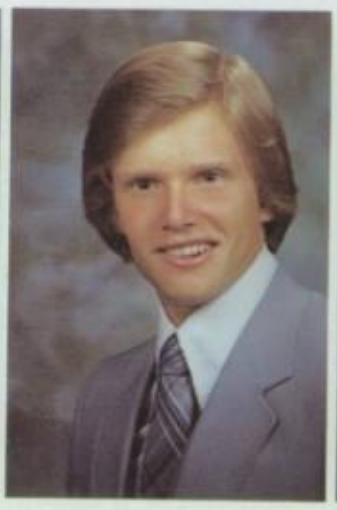
Marcy A. Schommer

Donald Schorr

John Lawrence Scott
Varsity Track,
Cottonwood Staff

Staci Scott

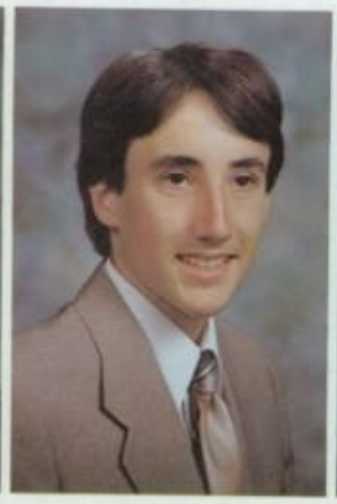
Peter Grant Searson
Varsity Tennis



Paul A. Seigman
Drum Major, Stage Band

Kathleen M. Self
Varsity Cheer, Ski Club,
Senior Class Committee

Michael Todd Senn
Jazz Band



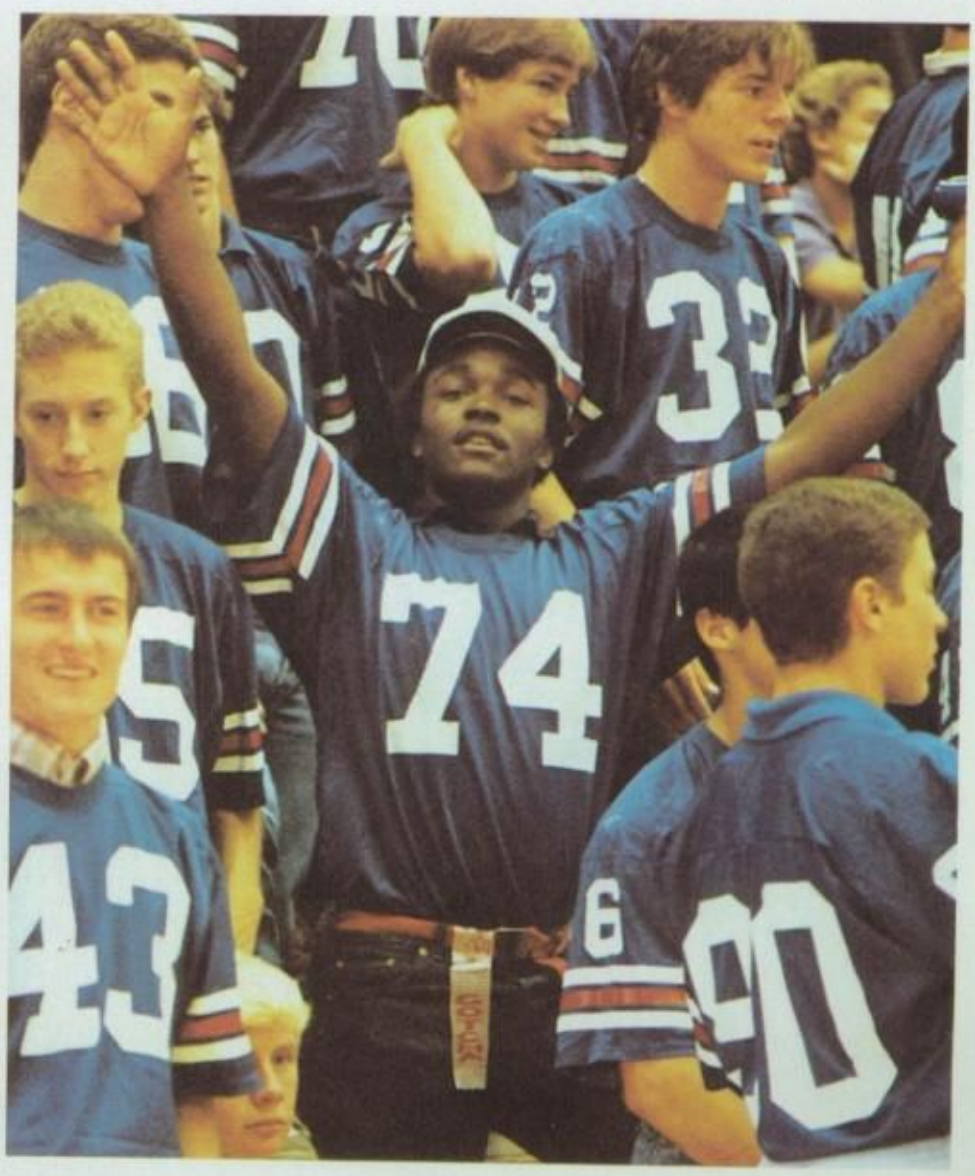
Mike Y. Shackleford
4-H Club, Spanish Club

Loretta Shaw

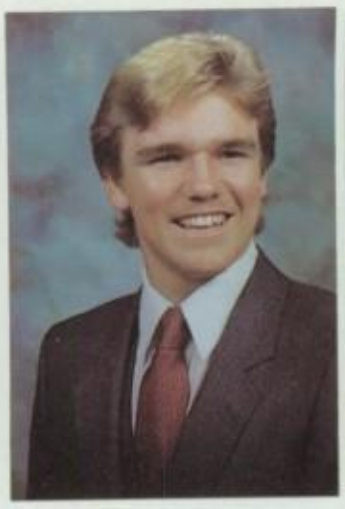
Shary Sheppard
Senior Teezers

Terri Sherwood

Monica R. Shields

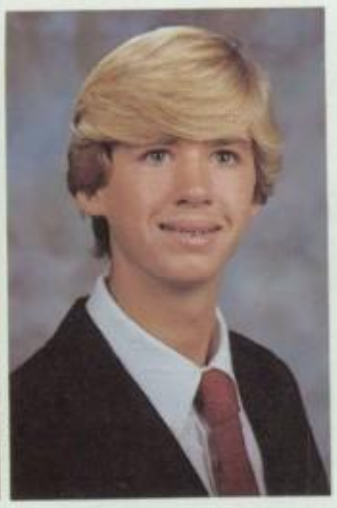


Surrounded by his teammates, **Sherman Keller**, a member of the Varsity football team, stands up with his arms extended to show his team spirit at the homecoming assembly.



Scott R. Shoults
Yell Leader, L.A. Jumpers

Andrea Shriver



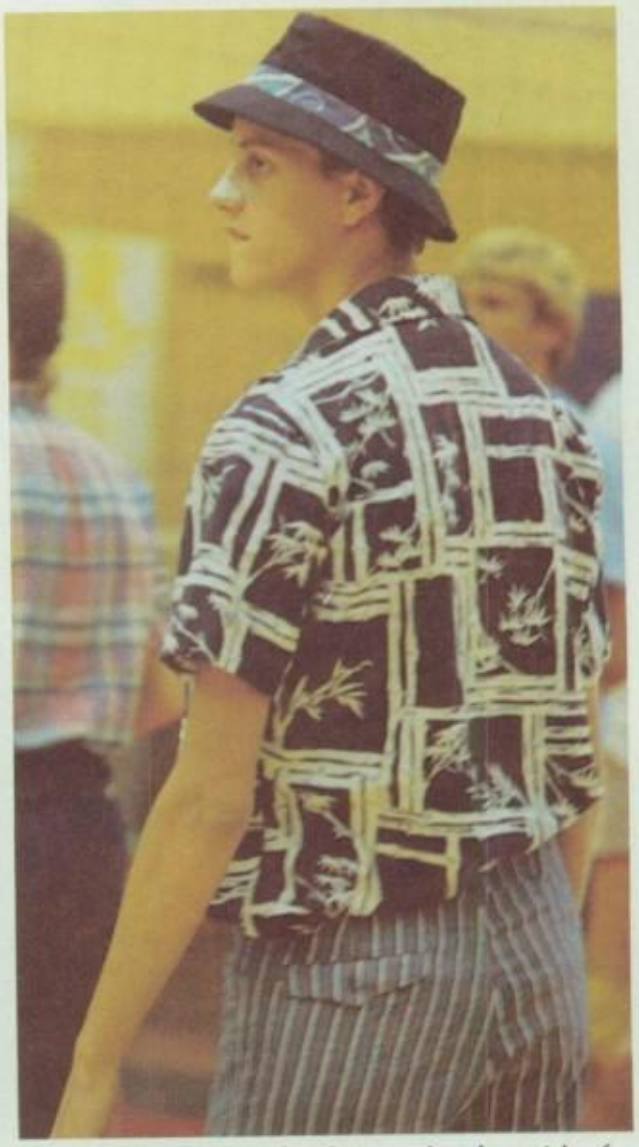
Doug E. Shuppara

Timothy J. Siegfried
Ski Club, Law Club

Rochelle R. Simich
Keywanettes, Law Club, Spanish Club

Donald Sjostrom

Lauren Marie Skeele



Spirit Week reveals the student's pride for their athletic teams. On Beach Day, John Orr awaits the instructions for the volleyball game held during the lunch break.

Sherry L. Skibbe
Varsity Volleyball, Basketball, CSF

Renee D. Slattery

Tamara Ruth Sloan
Congress, Keywanettes, Senior Celebrities

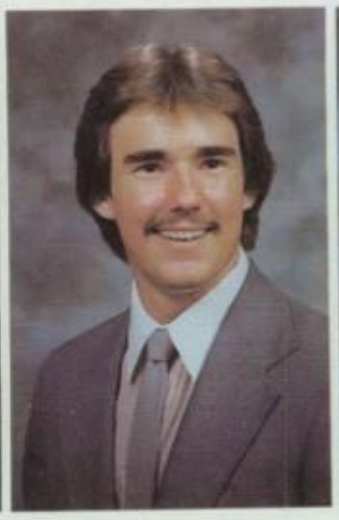
Jodi Smith
Softball, Senior Teezers

Kari K. Smith
CSF, Congress

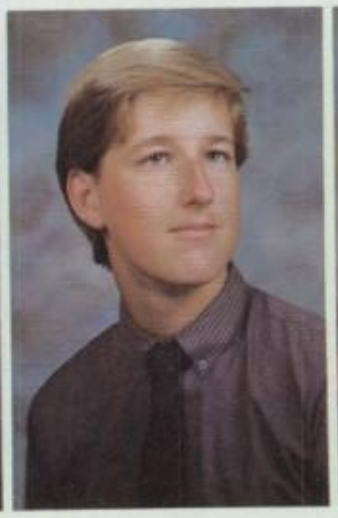
Katherine A. Smith
Senior Rebels

Robin S. Smith

Mark Smura



Jim Randall Speights
Law Club



Brett Spraggins

Sharon Kay Sprague
CSF, S Club, Drama Club

Debbie Spung
Varsity Basketball, CSF

After the assembly on Red, Blue and Gold Day, Doug Elsee and Christa Ramirez try out their bubbles. These bubbles symbolize the spirits of the school throughout Spirit Week, the bubbles fly high and so does our school's pride.

Kimberly Spyers-Duran

Orsa Joan Spyrs
Drill Team, Tall Flags, Keywanettes, Congress

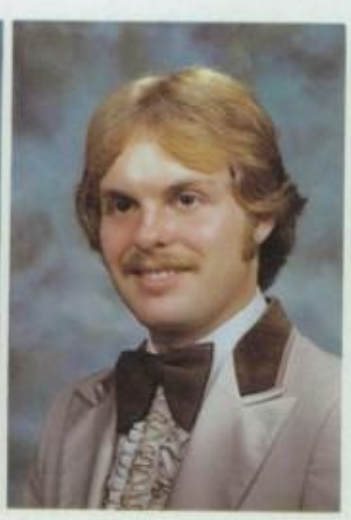
Danial Edward Stea

Michelle L. Stegman

Nimfa Nafarrete, a member of the Song Squad, ends one of her routines during one of the pep assemblies. As a songleader Nimfa works very hard.

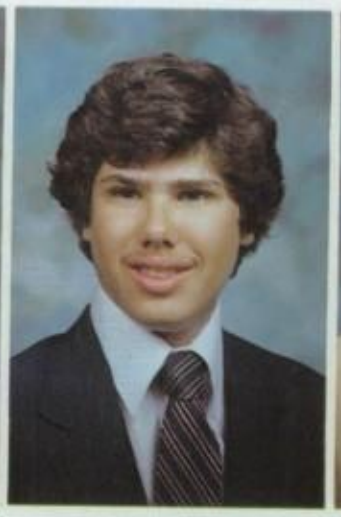
Steve Mitchell Stein
Cottonwood Staff

George G. Stennis



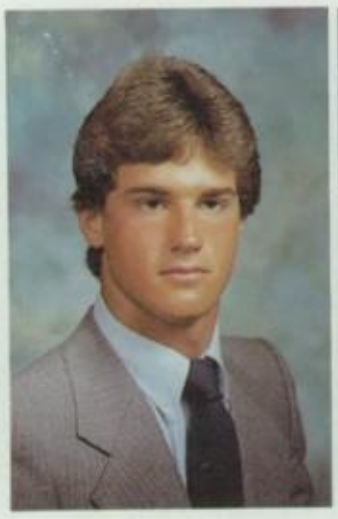
Craig Stephens

John Sterling II



Warren Sternin

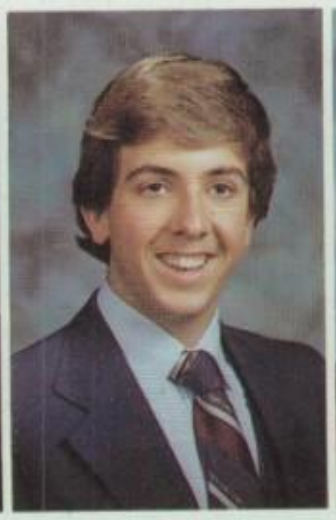
Timothy Still
Varsity Soccer, CSF, Congress



Patrick J. Stoll
Varsity Football Captain, CSF

Nancy J. Stratton
Rifles, Senior Class Vice President

Robert Jay Sullinger

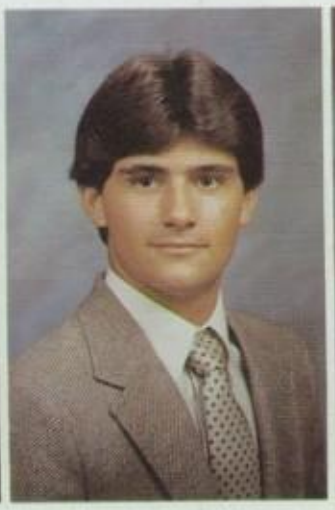


Adam John Summers
Varsity Swimming, Water Polo, CSF, CFA

Rosalina M. Sunga
S Club, Spanish Club

Katherine S. Suttinger
Senior Rebels

Phillip L. Swagel
Academic Decathalon, Kiwanis Bowl Captain

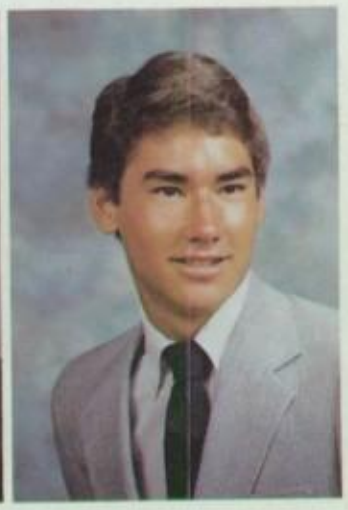


Lawrence D. Sweet
CSF, Baseball, Tennis

Jeff Steven Szilagyi

Chan C. Ta

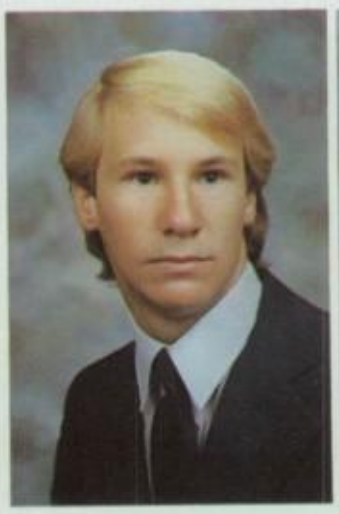
Chan Q. Ta



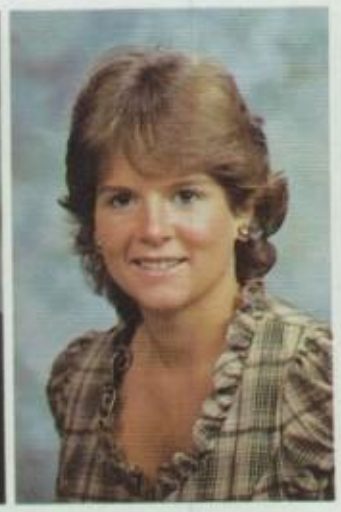
Christopher E. Tafel
Basketball, Congress, CSF

Brian C. Taylor

Alison Carol Teaford
Senior Class Committee, Drama Club, French Club



Charles Thomas
Senior Rebels



Janet E. Thomas

Studying is only one part of **Sonja Schenk's** day. Taking a few minutes out of Mrs. Gayer's fourth period government class, she begins to day dream about the upcoming Who concert.

During lunch, Louie Arambula, Peggy Beckett, Alison Miller, Scott Thomason and Roz Roehm relax on the grass in the middle of the quad. They enjoy lunchtime activities which include talking about the big football game.

Linda Thomas

Janet Thomas
Diving Team, Ski Club

D. Scott Thomason

Daniel Townsend

Lisa K. Trachtman
Marching Band, Congress, Symphonic Band

Lynn Travis

Jim G. Triestman

Alex Trujillo

Patti D. Turner
4-H Club, Spanish Club

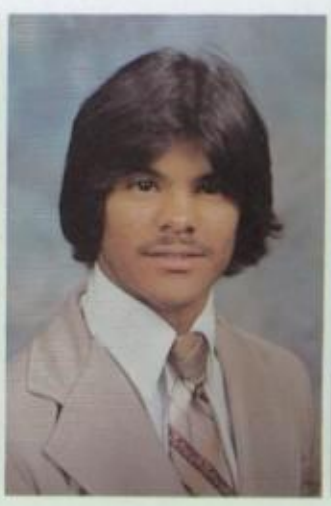
Kristina Ann Tyler
Drill Team, Songleader

Derec Thomas Uribe

Maria E. Vaca
CSF, Senior Class Committee, Cottonwood Staff

Constance A. Vames
Keywanettes, Spanish Club

Richard C. VanDerHaar
JV Basketball, German Club



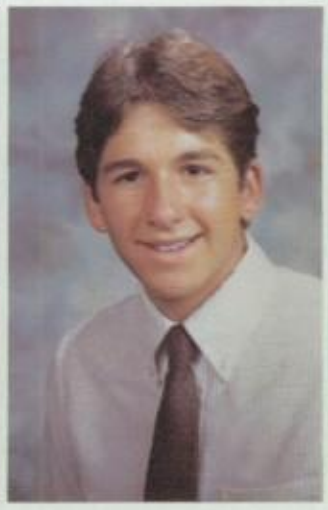
Nathan Vanleer

Stephen Varalyai
Varsity Soccer, Congress, Varsity Baseball

Peter Vejsz
Varsity Soccer, German Club

Esme Vera
Senior Class Committee

Jose E. Vicencio
Cross Country



Jeffrey J. Vieira
Varsity Badminton, Track

Denyse M. Voorting

John K. Wall
Varsity Basketball, Baseball, CSF

Jennifer A. Walquist
Marching Band, Chamber Choir

Gayle A. Wapner

Utrika Warnbrinz

Christine R. Weaver
Keywanettes, Congress

Parke Weaver

July Webb

Lisa Wegner

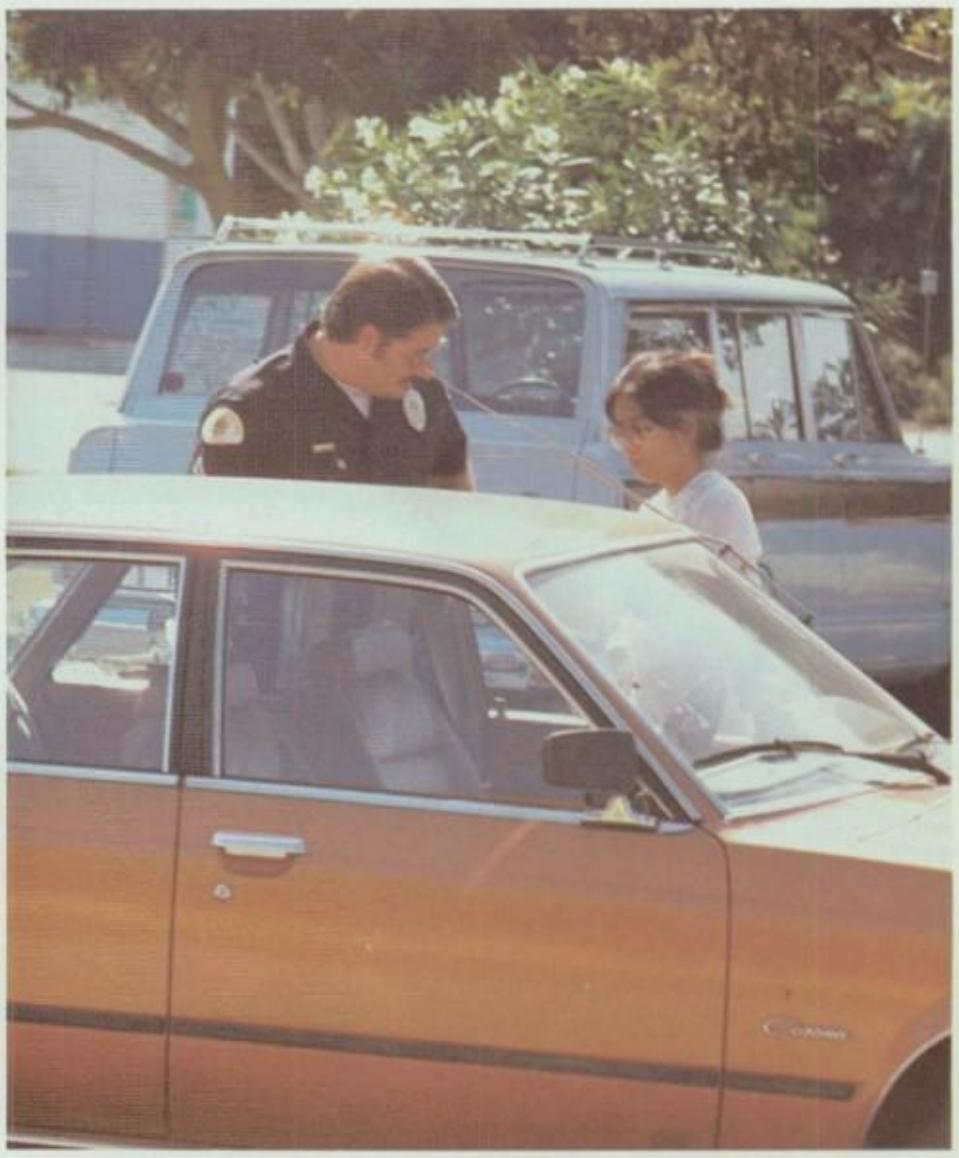
Tom J. Weizoerick
Varsity Golf

Drew Wells
Academic Decathalon, Drama Club

Mia Wenjen
Varsity Swimming, CSF, Student Rep. To The Board

Heidi Werner
Band, Drill Team, Congress

Richard Harlan West



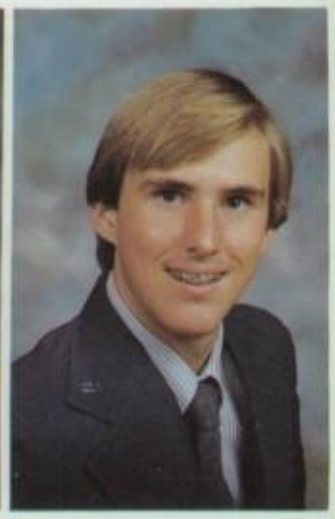
Unfortunately, sometimes Los Al's shiney days are spotted with a few dark clouds, like this day when **Lih Lih Chen**'s car was vandalized while it was parked on campus.

Jill Whitney

Steven Whitt

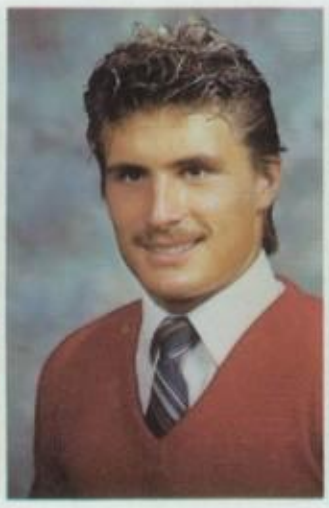
Sean Martin Wiggins
Student Cabinet, Water Polo, CSF, Congress

Kurt S. Wikman



Steve Wilford
Varsity Soccer

Catherine Lynn Wilk
Congress, Varsity Track



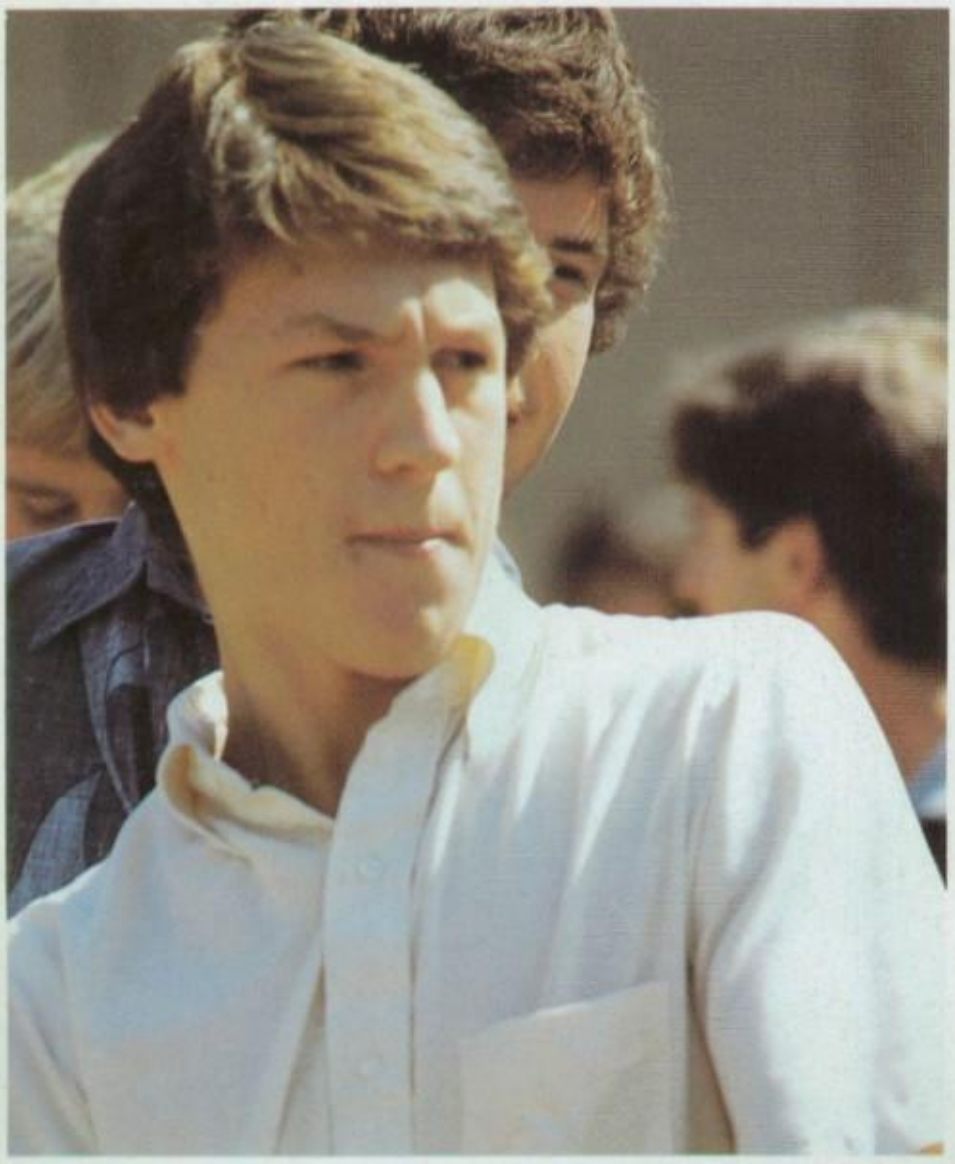
Gerald A. Wilkins

Sandee Williams
Keywanettes

Patrick T. Woodward
Percussion Section, Stage Band

Susan L. Wuesthoff
Tall Flags, Rifles, Congress, Keywanettes

Scott Christopher Wynn
Congress



Bill Patterson has an intense look on his face as he gets ready for the Tug-of-War. As Student Body V.P., Bill has helped plan many activities.

Erin Young

Sandra M. Young
Drama, CSF, Congress

Pingo Zamarripa
Baseball, Golf

Melinda J. Zommick
Drill Team, Keywanettes, Cottonwood Staff

Dan Zorilla

Michael Zylstra

Old, New and Gold

What was that line told long ago?
Something about friendship being old new, and gold?
My friends that are gold are as precious as treasure and the ones that are old I will keep in my heart until I no longer feel.
The ones that are new will be an adventure.
The memories we've all shared at one time or another
I'm sure if you pull back into the shelves of your brain, you will find thoughts not remembered,
Maybe even some pain
And in all these memories I hope you will find
All the laughter, sadness and joy we'll all soon leave behind.

Christa Ramirez

While waiting for the bell to ring, senior **Melinda Zommick** and junior **Judy Koong** reminisce about some funny past experiences. Laughter is often heard on the campus from friends sharing good times and everyday happenings.

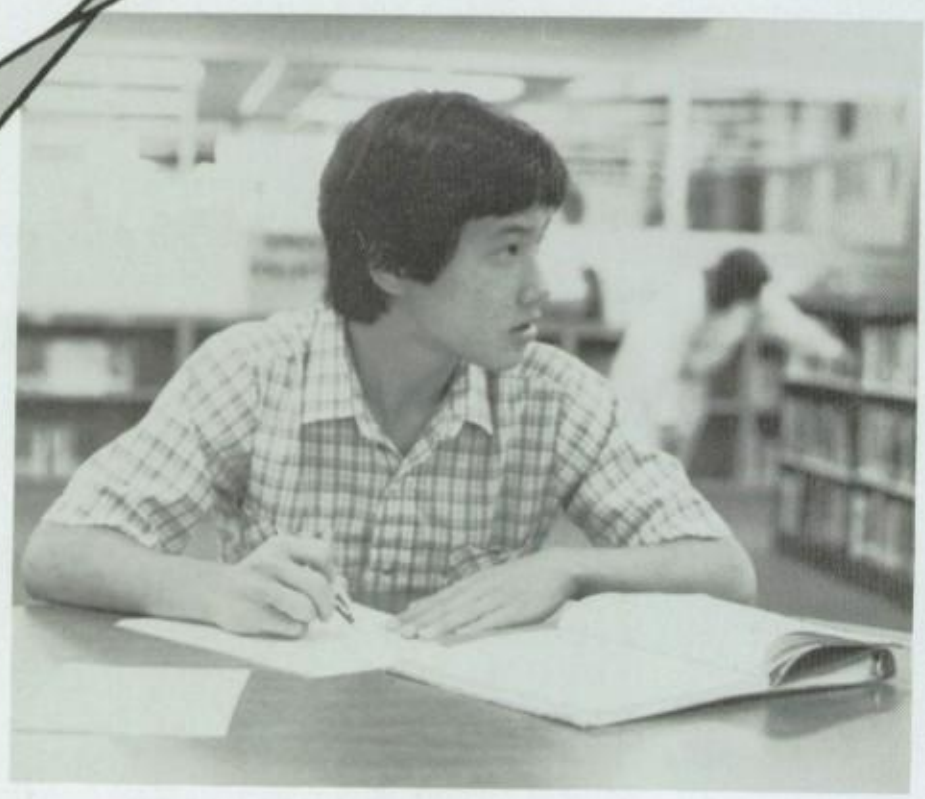
During one of our many pep assemblies, one of our spirit groups enjoys friendly times by blowing bubbles into the crowd. Throughout their three years here, they have developed strong and everlasting friendships.

Friendship

Just between friends-
they know
there seems to be such a variety
of disguises-
people changing themselves
to appear better for others.
but you, yourself
must trust-
as time passes-
and knowledge grows-
what a friend is.
It takes courage to stand
proud and complete-
also - it takes strengh to find a
special companion.
You will know when you have-
they will treasure your words
as tokens-
and they will give you pride.
Such personality, a friend has-
they ask for no reward or pay-
even when a friend is abused,
misused,
ignored or sometimes forgotten-
they forgive and forget without
blame.
Friends are true twins in soul, and we
must love our friends
for their sakes
rather than our own.
Our troubles slip away-
and we are happier at heart.

Sherry Dufek

Wayne Tollefson, Steve Stolk, and Niem Ho listen and take notes to prepare for their rebuttal during a debate in history.



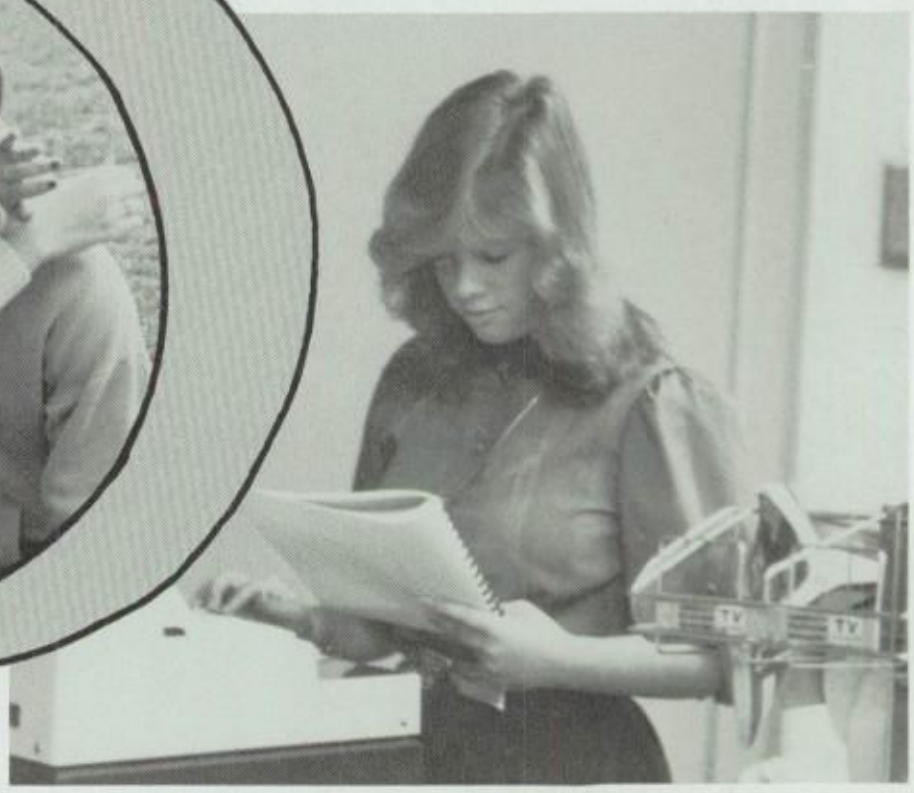
The school library provides quiet study hours for students. **Jody Okamoto** looks around to see if he could use another book as a resource for his report.

Before attempting to do a difficult assignment, **Lisa Salamon** grins because she knows that her teacher will help her out. She takes a deep breath before plunging into her work.

Sharron Fitzgerald takes a look at her new pet, which one of her friends sent to her during the Fish-O-Gram sale sponsored by CFA.

Juniors

Jody Paholski dresses as Tweetie Bird on Halloween to amuse a preschool class on campus. During the Halloween festivities, they held costume contests and played games.



Donna Walters anxiously punches the numbers into the cash register in room 304, the cashiering class. This class prepares her for a successful future.

Danny McVay and Debbie Hrbacek listen attentively as their teacher explains spontaneous generation of moss to the class. These two students take notes on the difficult lecture.

JUNIORS ENCOURAGE NEW FRIENDSHIPS

The class of 1984 is a special group of people who spent much time with old friends and also made new ones that will last forever. Juniors added a dash of creativity and orignality to Los Al. **Wendy Rasmussen** thinks, "Los Al is original. Where else can you find people selling goldfish?" She also feels "Los Al emphasizes spirit and unity by the variety of clubs and the great number of events you can go to with your friends."

Leading the way for the juniors were Yahya Baayoun, President and Vice President, Ted Rozolis. Their hard work, along with many other junior class committee members, led to a very successful prom. To raise money for this memorable occassion, the juniors sold everything from Zotz Pops to E.T. candy (Reese's Pieces) to mistletoe for Christmas.

According to **Wendy Williamson**, "Everybody is a friend at Los Al." This sums up the class of 1984's attitude on friendship.

Valerie Chaves, Kelly Gaines, and **Cheryl Birdsall** examine the water polo fish-o-grams they received from their close friends.

Sarah Toliver tries to comfort her new friend at the Pre-School Assistance's Halloween party. This party, where students and children dress up, is given every year.

Yahya Baayoun and Ted Rozolis were chosen by their classmates to be the Junior Class officers. Both have many fund raisers planned for prom expenses.

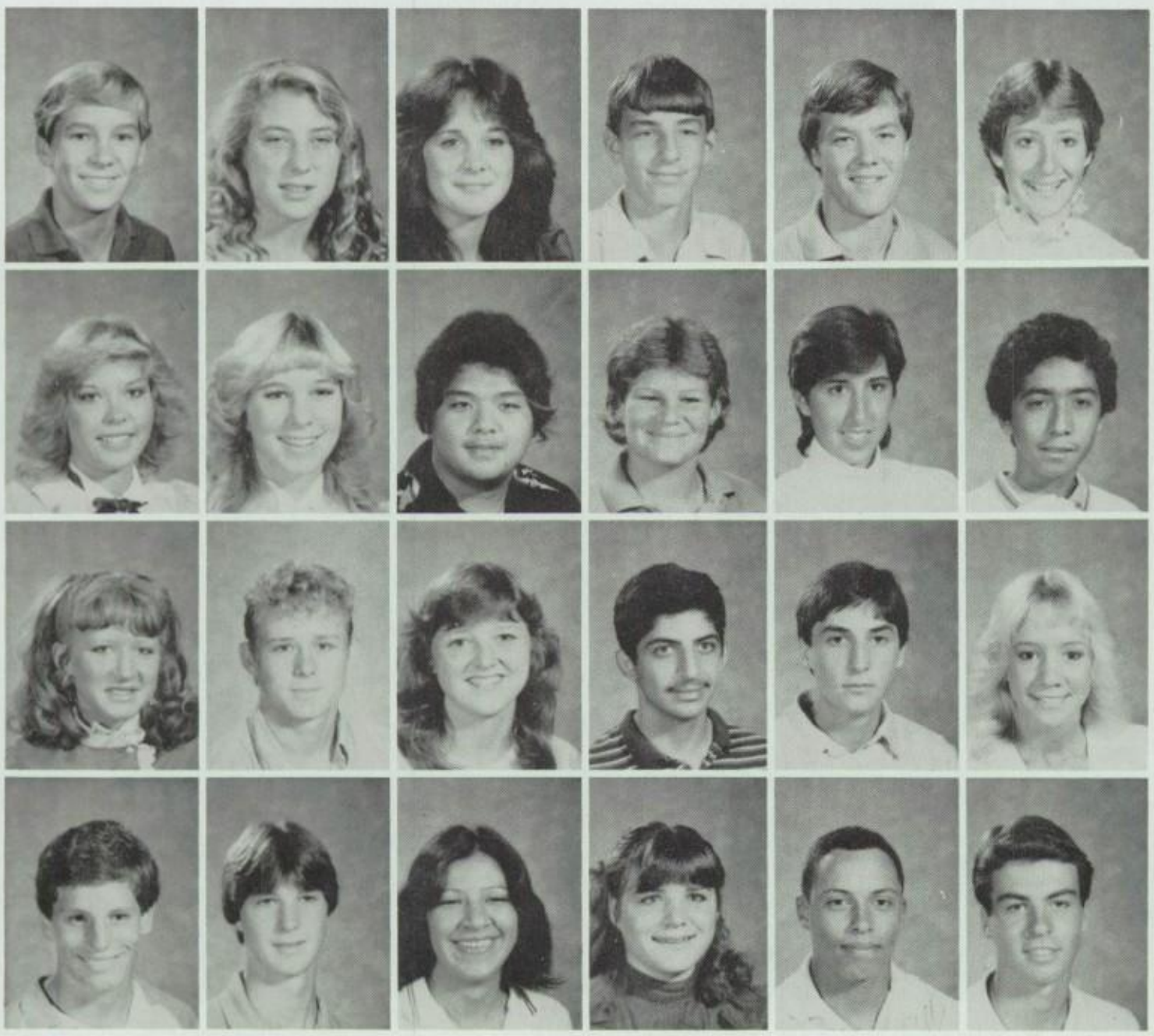
Michele Magner looks up for a moment after reading her notes. She is trying to do some last minute studying before the history test next period.

Offering a variety of different subjects, English classes can help a student grasp a better understanding of poetry, writing, and vocabulary. **Steve Housted** concentrates on his assignments.

Mitzie Abbott
Ann Acosta

Letty Aguilar
Len Akins

Michelle Alarcon
Cathy Allard



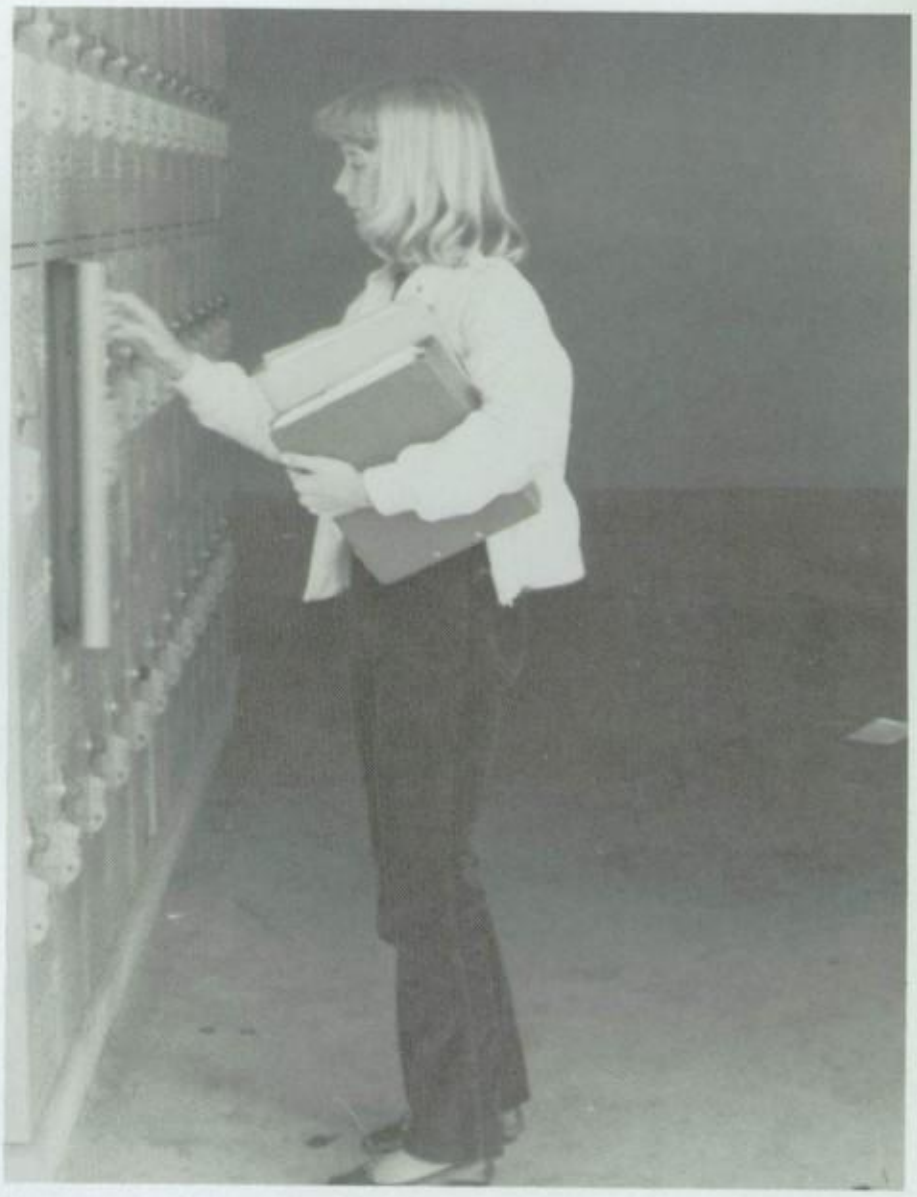
Tom Allard
Karen Allen
Melynda Allen
Michael Allen
Dillon Alley
Terry Amero

Rebecca Anderson
Kim Andreasen
Robert Angcaya
Lili Ansell
Michelle Archer
Mike Arias

Lisa Armstrong
Dan Atchley
Corrine Atkinson
Yahya Baayoun
Steve Bailor
Rebekah Baird

Mike Baker
Roger Baron
Antonia Barragan
Kim Bauhard
Scott Belle
Jim Bernardin

Juniors, **Kelly Smith** and **Lisa Rizer**, check their algebra homework assignment on an new Apple II computer.



Flag co-captain, **Kim McVicker**, gathers her books before she goes out to practice for an upcoming competition.

Mike Bilbia
Suzanne Bird

Cheryl Birdsall
Adelle Bish
Brenda Black
Tracy Blankenship
Rich Blanks
Ellen Bloom

David Blum
Melissa Bolling
Carrie Bonyea
Brett Bowen
Bob Brakke
Diana Braunstein

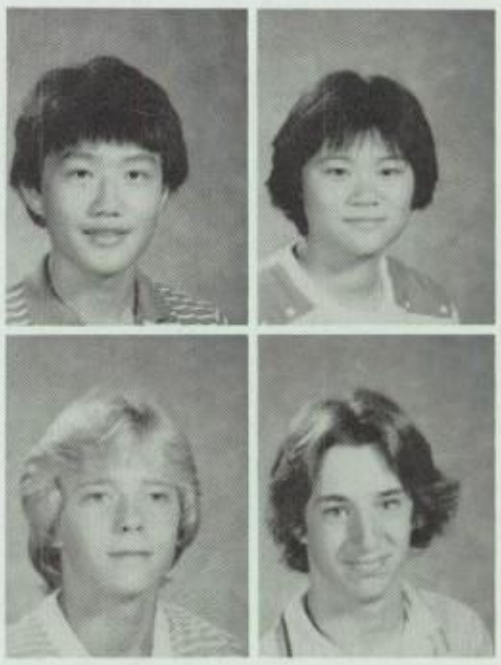
Steven Brody
Jodi Brown
Charles Bueno
Bonnie Burns
Chris Butler
Neal Caddick

John Callanan
Tracy Callen
Julie Callison
Delane Camp
Don Campbell
Tom Caraisco

Donna Carlson
Tracy Carlton
Lisa Carpentier
Russell Carpenter
Sardi Carrano
Barbara Caruso

Lorena Castellanos
Karen Chaides
Anurag Chandra
Lori Chapek
Valerie Chaves
Judy Chavez

While walking around campus during lunch, **Alicia Welsh**, cannot believe what she sees. She sees some of her friends are dressed up for Beach Day during Spirit Week.



Johnny Chiu
Cindy Chou

Ryan Christianson
John Clegg

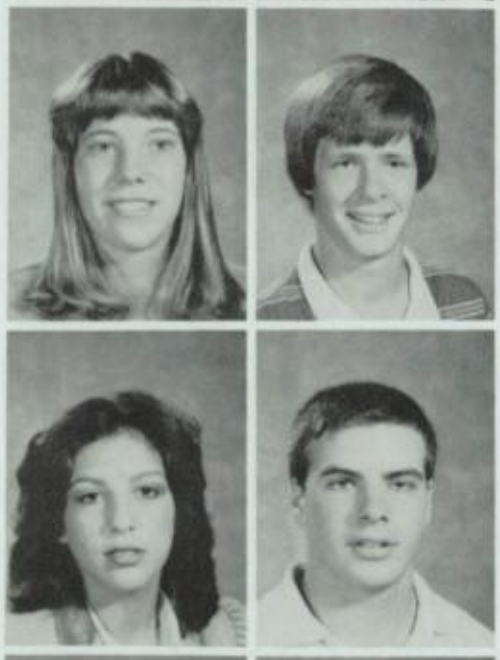
Carmen Flores listens to her science teacher explain this week's assignments. She must keep up with her homework in order to do well.

Mark Clemons
Jennifer Condon
Nancy Conklin
Angie Conley
William Cook
Nina Cooper

Benny Corrales
Rod Cottrill
Cathy Crawford
Cathy Crockett
Jana Crum
Todd Dale

Kimmie Dally
Debi Dean

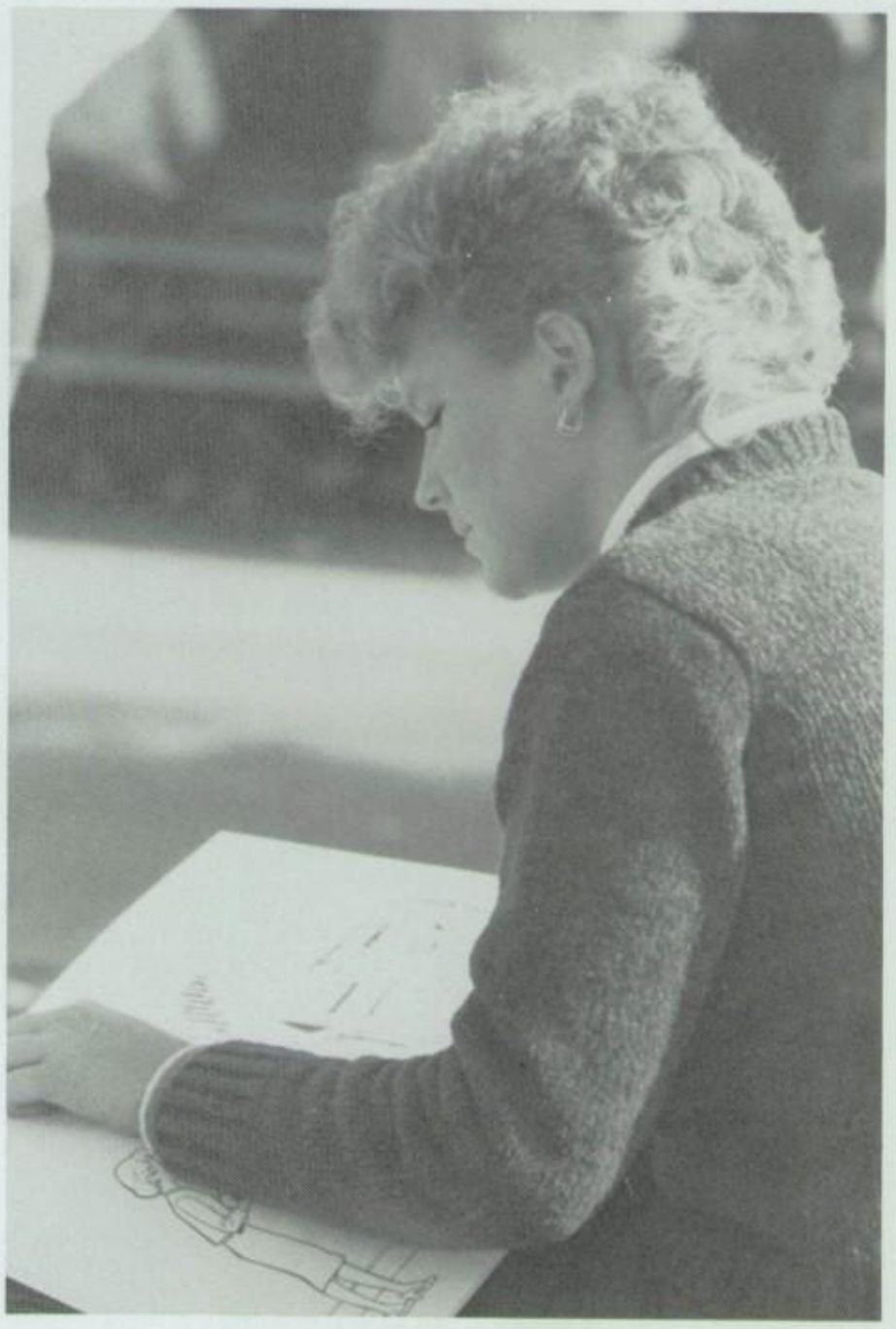
Margaret DeGroot
Tom DeHardt



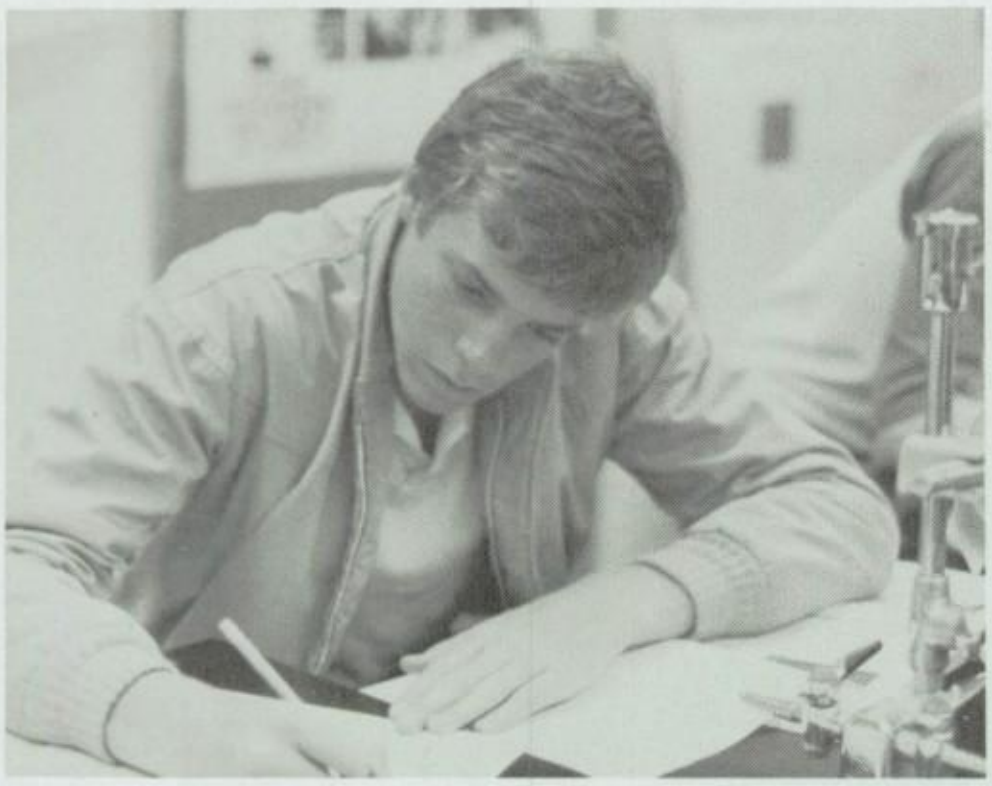
Lorena Delamora
Chip Dellisanti

Don DeQuardo
Pedro Derit

Damanjit Dhillon
Ravinder Dhillon



Jennifer Eldean sketches on one of her projects needed to be completed before the semester. Art enables students to pursue their interests while in school.



Trying to put the finishing touches on a physics quarter final, Steve Kearney deeply concentrates because he needs to be exact when using a protractor to find various measurements.

Dana Roche discovers a cute male model as she reads the new issue of Seventeen Magazine. To her surprise the gorgeous boy unmistakedly looks just like James Dean.

Madeline Donohue
Debbie Dortch

Karen Dotson
Harlan Draper

Rhonda Duffaut
Colleen Dubry

Wendy Dyke
Angela Eaton

Jennifer Eldean
Nicole Eliades

Alan Elman
Carol Elser

Dawn Marie Enno
Lisa Eshelby

Denise Fagot
Todd Fatone
David Fernbach
Steve Ferrel
Adam Fineman
Marni Finger

Howard Fitzer
Sharron Fitzgerald
Robert Fisher
Adam Fleischer
Carmen Flores
Howard Foote

Eddie Foster
Pat Foster
Kelly Fowks
Renee Franks
Scott Freeman
Pam Gaddis

Kelly Gaines
Kim Garman
Eric Garthwaite
Robert Gauvain
David Gershon
Julie Gilchrist

Jim Gillette
Don Gillilan

Many students learn the art of photography in photo classes. Spotting a great shot, junior **Tom Allard** quickly gets into position to capture the picture.

Wishing she was at a club meeting with all of her good friends, junior **Lori Skaugstad** hurries to finish her work before the 2:40 bell rings.

While patiently waiting for a friend to finish donating blood, junior Lisa Carpentier smiles at a group of boys who are on their way to class.

While forcing herself to work on biology assignments, junior Carmen Flores finds her thoughts drifting to warm, summer days at the beach rather than school.

Jeni Gilroy
Brad Gold

David Gompert
George Gonzales
Kimberly Green
Adam Gregory
Carol Grimes
Steve Groff

Leslie Hacker
Davina Haimov
Mary Halal
David Haldeman
Penny Hall
Brad Handelman

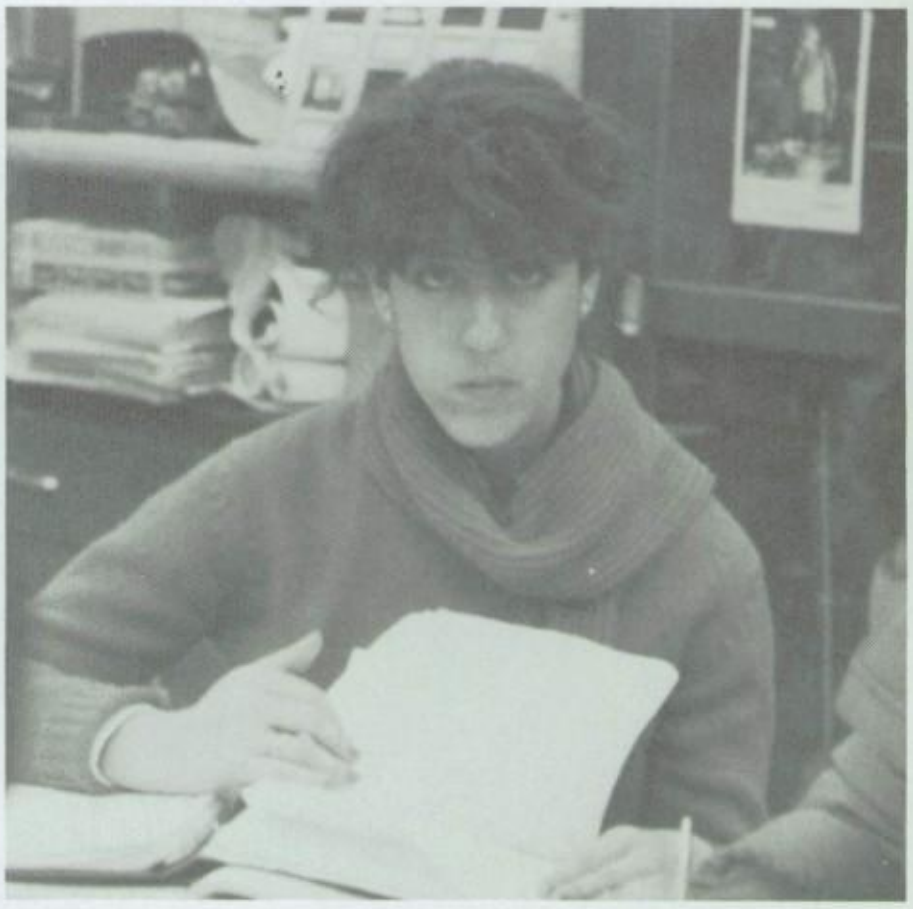
Lisa Harris
Scott Harvey
Joseph Hastie
Brian Haub
DeAnna Hawks
Jenifer Hebestreit

Barbara Heller
Sharon Herbert
Daniel Hershenson
Lori Hertzig
Hoai Ho
Niem Ho

Derek Hobbs
Ginger Hodson

Richie Hollis
Sue Homrighausen

Annah Hong
Myra Honore



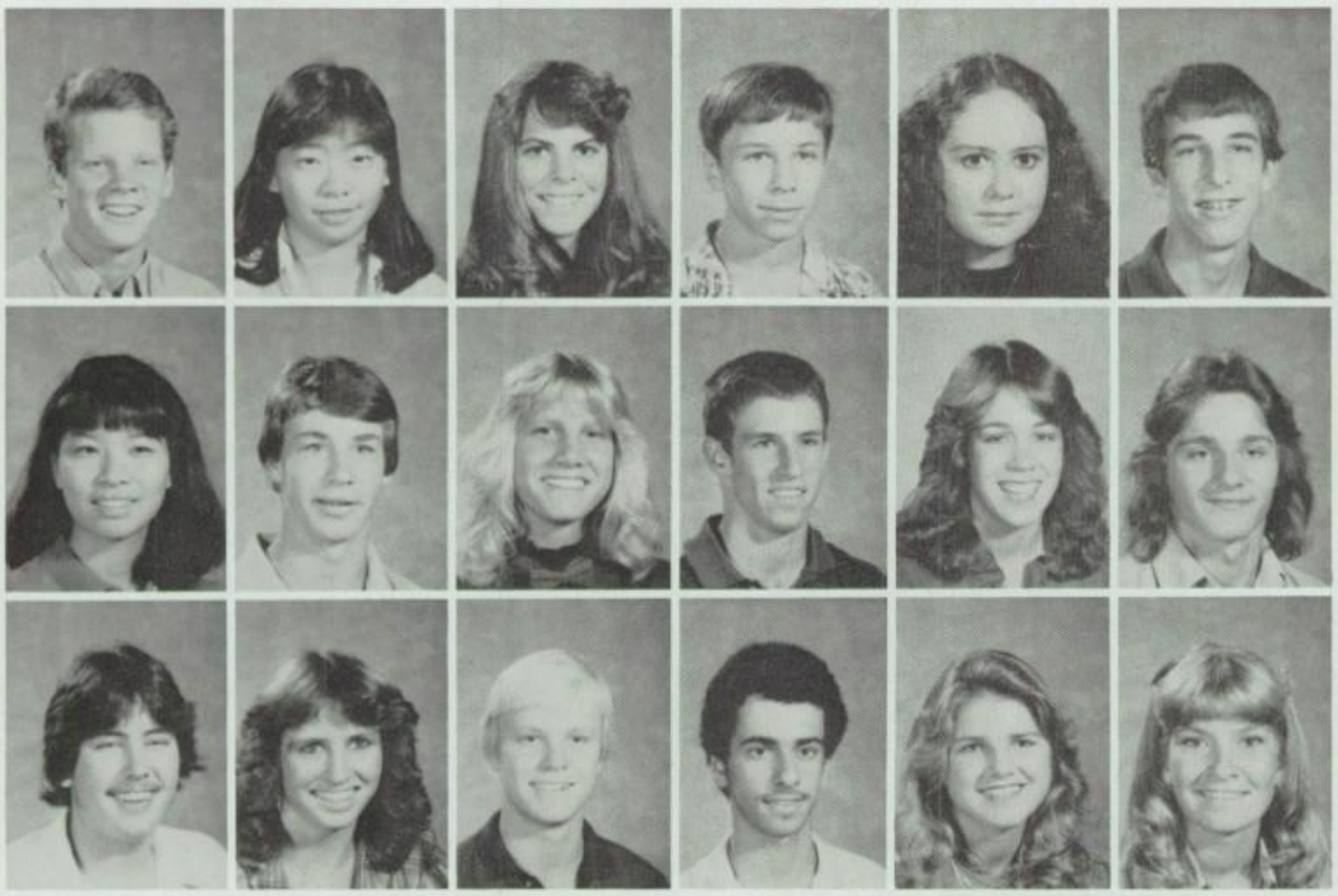
While studying for a physics test tomorrow, **Beth Rattner** looks up after reading her notes. Tests and lab grades are all part of her final grade.

Mark Hood
Christy Hosford-Clark
Brian Houck
Lee Houghton
Kimberly Houston
Debra Hrbacek

Audra Huber
Steve Husted
Roberta Hutcheson
Daryl Iwakoshi
Beth Jenkins
Nancy Jenner

Jay Jensen
Kirsten Jensen
Crissie Johnson
Jon Johnson
Kristin Johnson
Arlo Jorgensen

Richard Kalman
Debbie Kanow
Keith Kaub
Steve Kearney
Dennis KeFalas
Jeff Kennedy



Russell Kibbee
Helen Kim
Cindy Kingsolver
Raymond Kolacki
Lynn Koleff
Jeff Kolster

Judy Koong
Tom Kristoffy
Debbie Kurtela
Clay Kussler
Janette Lafreniere
James Larntz

Rich Larsen
Linda Laszlo
Kevin Leapley
Meir Levy
Denise Lewis
Tiffany Lienau

With a case of the lunchtime blues, **Jim Reis**, **Clay Kussler**, and **Adelle Bish** cross the Los Al campus on the way to the cafeteria area.

Kristine Lindell
Dawn Lindsay

Erin Linskey
Rosemary Liu

Teri Loe
Kathy Long

Heather Lowrey
Graciela Lozano

Leticia Lozano
Merrilee Luebben
Tracy Luick
Kathy Lunde
Linda MacCready
Andy Madsen

Michele Magner
Steve Magner
Andrew Magnet
David Mahrer
Mariza Manabat
Micheline Manfredi

Paul Mansour
Stacey Mardesich

Ivette Marin
Anne Markley

Richard Marquez
Rene Marriott

Jeff Martin
Steve Mason

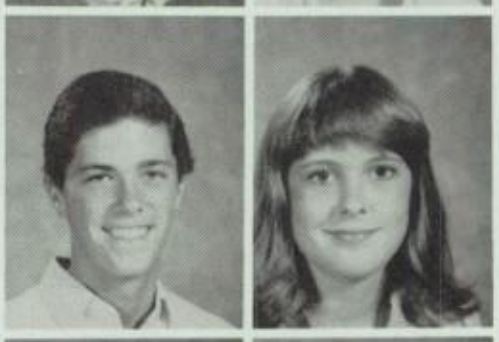
Lisa Maulhardt
Kerry McFall

While walking to the lunch line, **Melissa Bolling** looks over her shoulder and smiles at a group of her friends trying to catch some California sun.

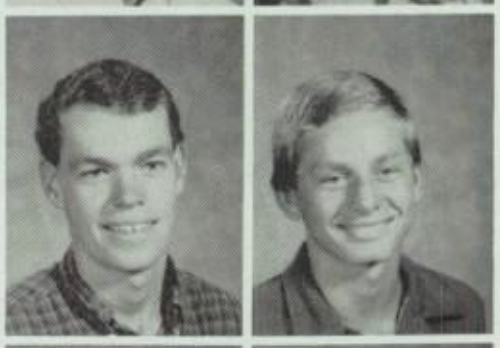
Knowing that this will raise his semester grade to a B+, Doug McVay proudly displays the A he received on the English test.

Lisa Shanaberger, a member of the Junior Prepsters, reaches into her purse to see if she has another box of M & M's left.

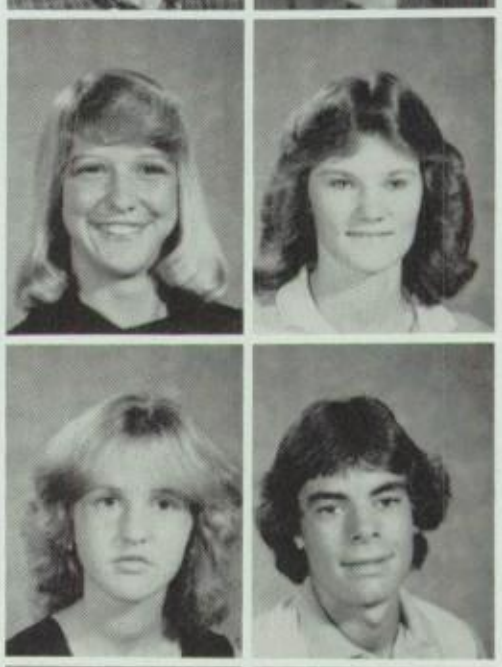
Mali McGolden
Bill McGrann



Patrick McIlrath
Alice McKee

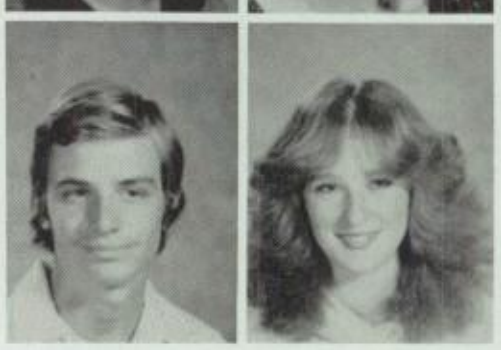


Kevin McKenna
Douglas McVay



Kim McVicker
Jamie Megna

Sue Melanson
Steve Melillo



Gerard Mercado
Denise Millar

Allen Miller
Debby Miller

Well its me again. Maybe Lori and I can go out some weekend. Well I'm not so best at writing as you know. I never know what to say. But I think you my Best Friend around here and I hope it will always be that way. Love & Friendship Always Deshawn Cowell 6/10/83

P.S.S. Steve magner is still a BABE. I probably wrote a page by now.

P.S.S. I decided to save the other pages for your other friends. I don't know what else to say.

Brian Mills
Jon Moll
Shannon Montierth
Rich Morgan
Amy Morley
David Morris

Patrick Morris
Debbie Morton
Ron Mullins
Mike Mumey
Michele Muramoto
Meg Murray

Steve Murray
Stuart Nakayama
Cary Nance
Anita Navarro
Suzi Nelson
Cathy Newlin

Anh Nguyen
Huy Nguyen
Nam Nguyen
Jim Nichols
Jeff Nicks
Connie Nixon

David Noorigian
Terri Ochampaugh

Sitting in biology class, **Amy Morley** smiles because she just received a good grade on her lab exam. Many hours of study are devoted to this class.

Cindy Kingsolver looks in amazement at some of her friends walking by between classes. In the center of the group stands the man of her dreams.

Stephaine Smith, a member of award winning flag team, and **Rich Blanks** stroll through campus during lunch. Because they don't have many classes together, lunch time gives them a chance to talk with each other and friends.

Steve Groff seems to be enjoying himself at one of the many pep assemblies.

Patrick O'Donnell
Jody Okamoto
John O'Keeffe
DeeDee Ortiz

John Ortiz
Kenny Overstreet
Mike Page
Eunice Park
Alisa Parks
Carol Patterson

Nick Paulos
Maureen Perez
Jack Perisho
Babak Pezeshki
Shelly Pilichi
Kevin Polacek

Mike Posner
Cindi Powers
Wendy Preston
Gary Raappana
Paige Rallo
Wendy Rasmussen

Maurne Rathke
Beth Rattner
April Rees
Herb Reich
Grant Reinke
David Reinking

Jim Reis
John Reparuk
Diana Resh
Denise Richards
Debbie Riedberger
Tracie Riordan

Dirk Rippelmeyer
Lisa Rizer
John Roberts
Ken Roberts
Jeff Robinson
Michelle Rodefeld

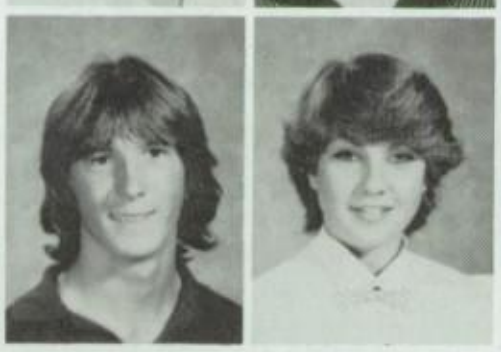
Maria Romero
Lisa Rose

Kelley Roth
Anthony Rotondo

Stan Routt
Ted Rozolis

Julie Rubin
Jeff Rudrude

Kenny Russell
Lisa Salamon



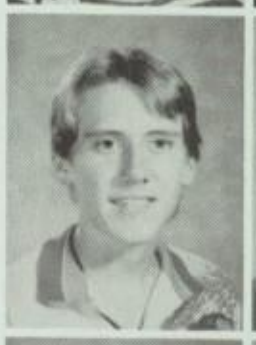
Lisa Eshelby asks for help by the librarian to look up information for a paper in history. The library has added new materials to help students with reports.

Jeff Nicks takes it easy in photography class. He leans back in his chair and thinks about assignments that he must complete by the end of the day.

Lisa Steele, a first year member of the Tall Flag team, takes a break before going off to practice. The team practices every day after school for competitions.

Wendy Salisbury
Doug Salk

Shelley Sandusky
Jennifer Sanford



Bob Sanregret
Darrin Sarto

Dale Saxon
Tracey Schekman

Tom Schiada
Chris Schmitt

Lori Schmitt
Beth Schultz

Julianne Schuman
Suzie Scott

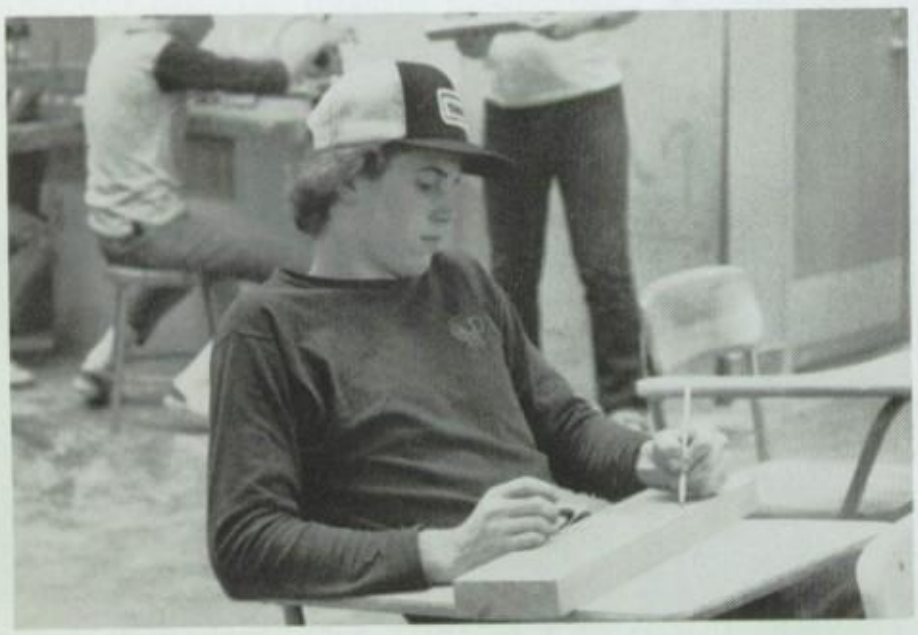
Shawn Shaffer
Lisa Shanaberger
Tanya Sheets
Steve Sherman
Dave Sherr
Olivia Shivers

Ricky Shortridge
Kris Shue
Cindy Siler
Joe Simeone
Laura Simmons
Lorna Skaugstad

Brian Smith
Kacey Smith
Kelly Smith
Kim Smith
Stephanie Smith
Michelle Snow

Steve Snyder
Kim Sorensen

Carla Soto
Jay Spiegel



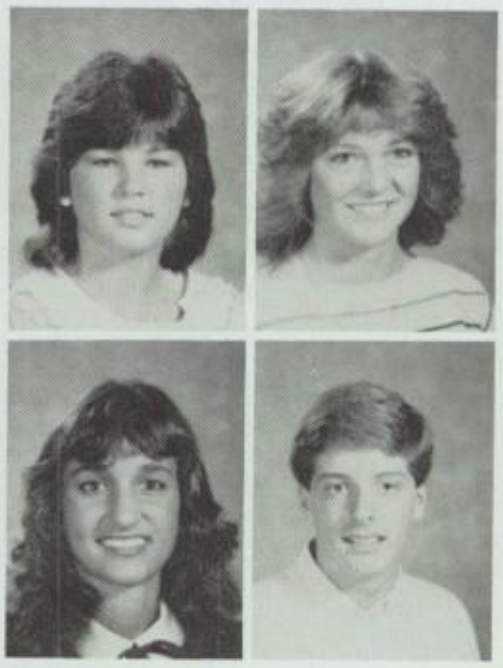
Don Vessels sketches a design on his next project in woodshop. This is necessary before he can router it. Many assignments are completed before the semester.

Photo I teaches students like Tony Contreras how to develop skills concerning cameras. When he received the negatives, Tony had to select the best to print.

Kelly Roth, a member of the Los Al Flag Team, utilizes her class time to prepare for an upcoming biology test.

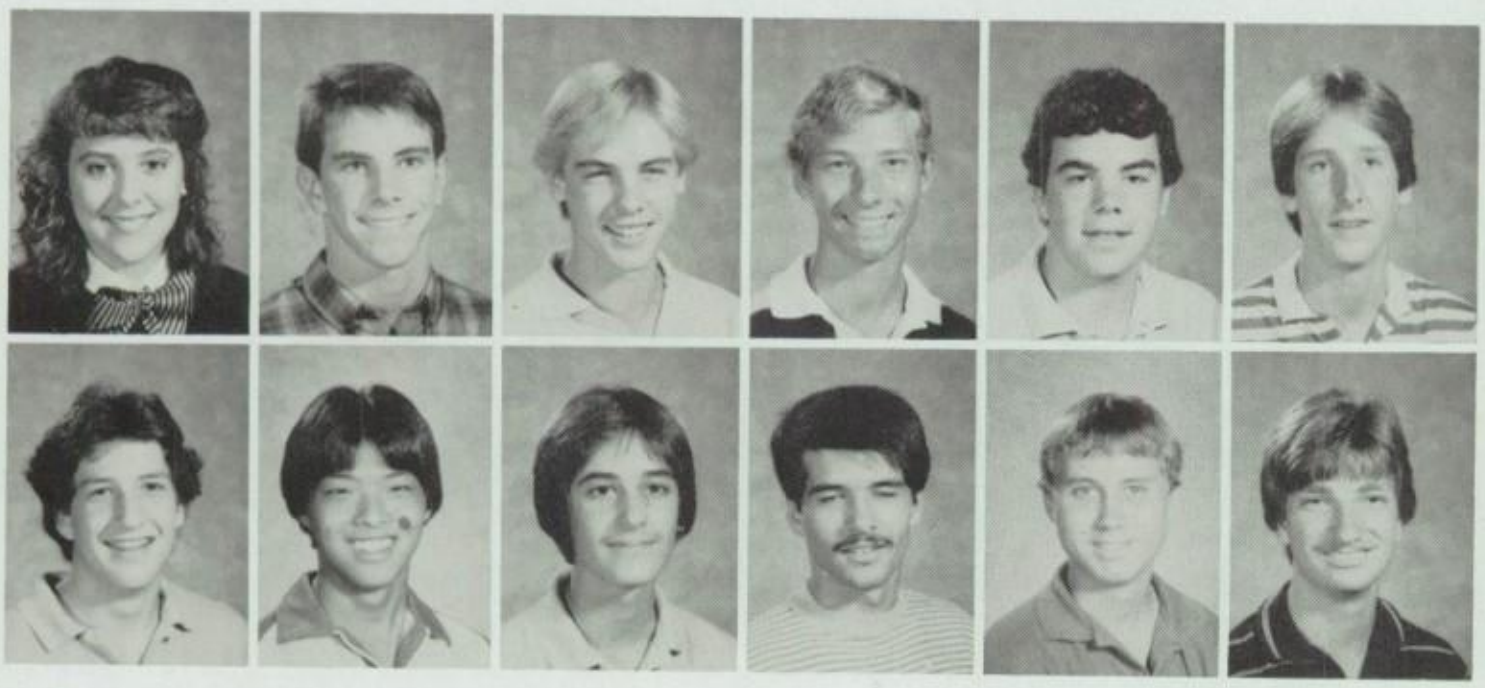
Scott Harvey takes part in a history discussion while **Heather Lowery** appears to have stayed up late the night before.

Donna Walters displays the fish she received from her secret admirer. The Fish-O-Gram sale was a success for the C.F.A.



Valarie Spinosa
Kristen Sprague

Hilary Spyers-Duran
Doug Steele

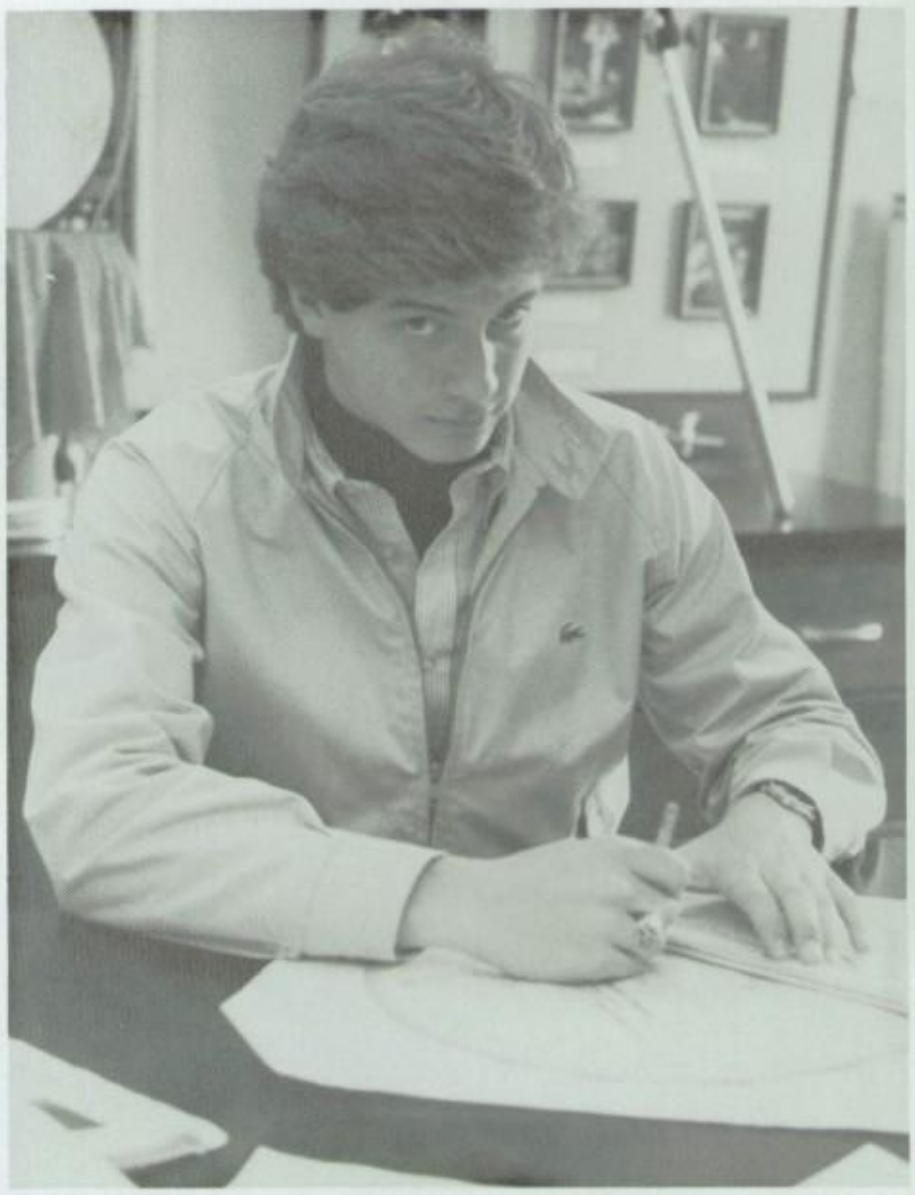


Lisa Steele
Casey Stetler
David Stockwell
Steven Stolk
Tom Strawbridge
Steve Stryker

Robbie Stumpf
Thomas Sugihara
Jason Swieck
Dean Telasky
Merlin Thimlar
Michael Thimlar

Laughing amusingly at a friend, **Wendy Salisbury** and **Barbara Heller** enjoy their time off at lunch. Lunch is a most refreshing break for hard working students.

Melissa Tober
Wayne Tollefson

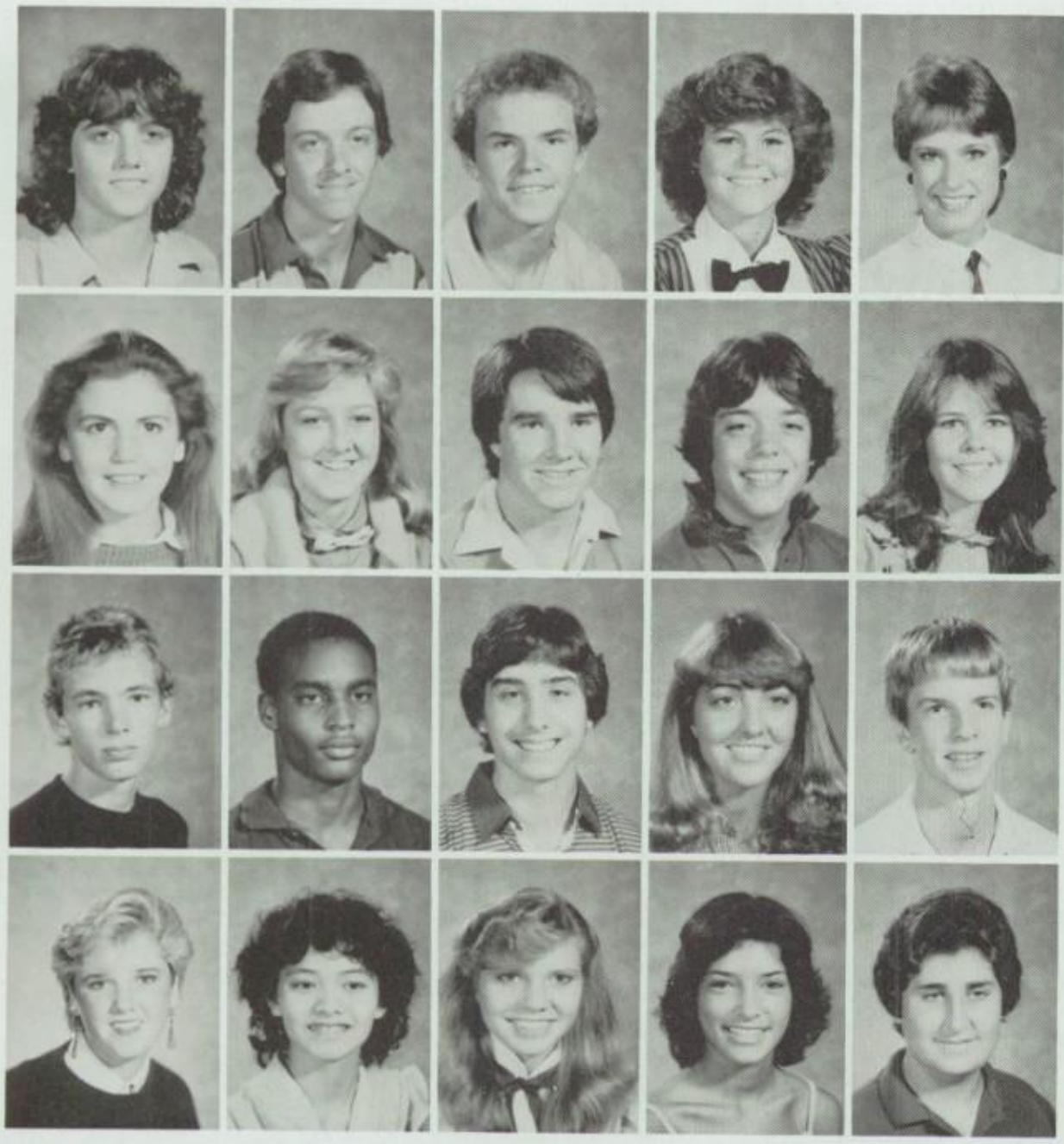


In Mr. Scott's fifth period physics class, **Doug Steele** works on the lab of his chart for plotting the rotation of Mars around the planet Earth.

Laura Tomlinson
Tony Torquato
Mark Trombino
Richie Tyler
Laura Upham
Tamas Vejsz

Brett Viestenz
Karen Vogel
Kristina Vycius
Dean Wallace
Donna Walters
Sue Webb

Jeff Weber
Michael Weinstein
Alicia Welch
Lisa Wellington
Liz Welzen
Russ Wendell

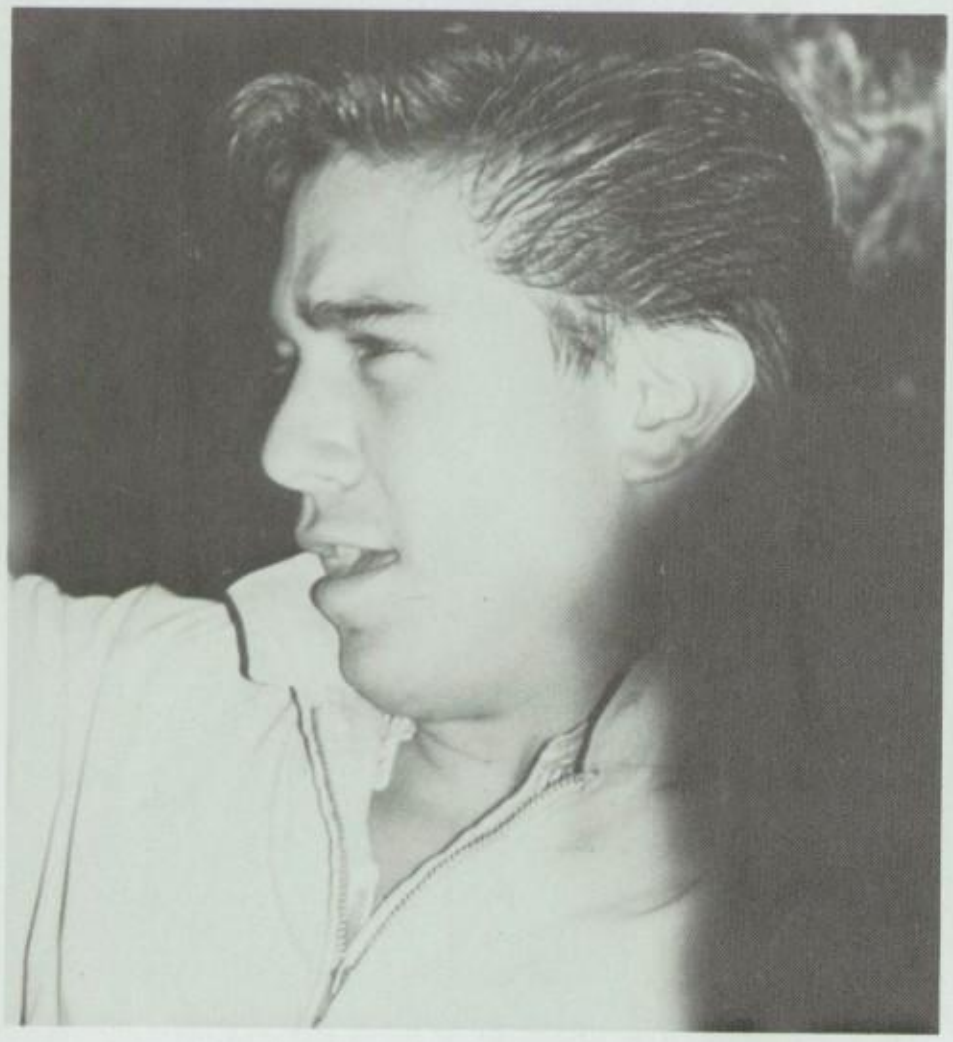


Karen Westbrook
Leslie Westbrook
Bill Whitlock
Kim Wiley
Michelle Wilkinson
Pete Williamson

Sherry Williamson
Wendy Williamson
Mike Willis
Traci Wilson
Erika Winslow
Lisa Wood

Dave Wooldridge
Darian Worrell
Bill Woyshner
Verna Wright
Philip Wyels
Kevin Yeh

Allison Yockey
Regina Yogore
Betsy Young
Lisa Ziemba
Jordan Zommick



Mark Hood, a fan of rock-a-billy, wears a popular hairstyle from the 50's. Rock-a-billy is a new fad at Los Al.

Engrossed by her physics, Barbara Caruso works hard on a difficult lab. Many college preparatory classes are offered by Los Al.

Gwen Hi!
I'm really sorry
I must've had this
year just kidding!
Have a ritchon
Summer But not
w/me. just kidding
We'll I better go
Now Because he has
To go Home I just
might go to your school
Next year, if you
Lucky. we'll I'll sign
Mike later.
Love,
Tracy

BS. About
Disneyland
I'll think about it!

6/F/U!!
But not with
me!!

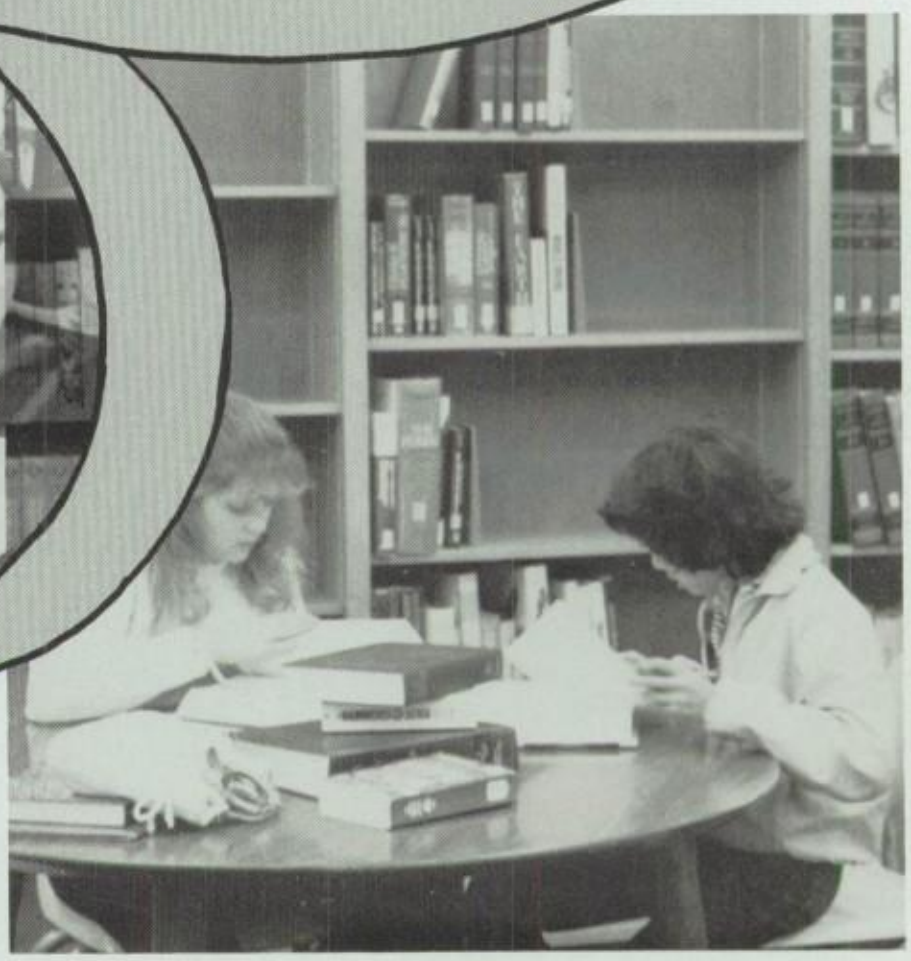
Leigh Johnson, Lisa Landu, and Chad Kemp sit in the sunshine during lunch and freely converse about the day's activities.

Rifle Team member, Susan Groff, takes time from her busy schedule to rest up before she resumes daily Rifle Team practice.

Kim Petullo lets her creativity flow as she sketches a picture.

Gwen,
I'm really glad I met you your a real sweety
And fun to have in health (wonderful class)
Hope you have a fun summer Dont party too
much you might ruin your brain cells
Have a fun summer call me 596-6396
Love & friendship, Kym Petullo

Sophomores



The library is the perfect place to do research work and reports. Diana May has found just about all the information she needs to finish her assignment.

Deciding between M&M's, See's suckers, or Blow Pops is a hard decision to make for Wendy Radi; all of them are her favorites.

Suzanne Welter, Mary Fried, and Julie Nicolaou, share warm embraces and gossip during nutritional break. Friends always warm the heart no matter how cold the weather.

FRIENDSHIPS FLOURISH IN SECOND YEAR

Each year the students in the class of '85 meet more new friends and have more new experiences. Corrine Grub, a sophomore, said, "I like Los Al's spirit and enthusiasm. It really makes the school year worthwhile."

Another student, Laura Kraft said, "Los Al's class of '85 has spunk, spirit and a drive for perfection." Yet other students felt that the best thing about being a sophomore is that you get to take drivers training.

All the classes at Los Al have spirit, but the class of '85 was the loudest overall. Leading the class through the year was President Albert Koong, and Vice President Sean Conboy. Along with all their enthusiasm, the sophomore class also helped out at all the sporting events.

Being a sophomore means fun, friendship and Friday night dances; but it can also mean disappointments, changes and tears.

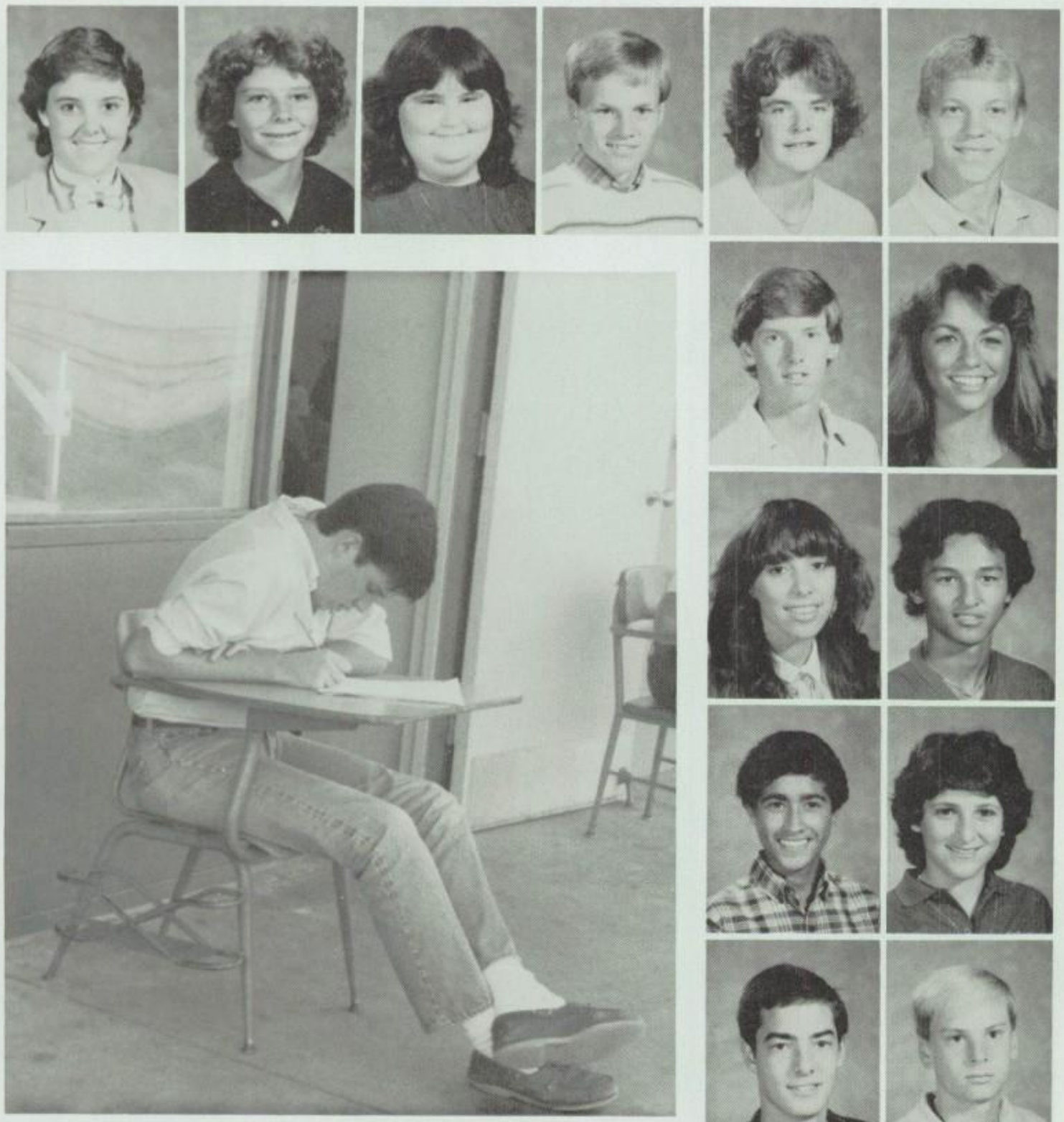
Last fall the sophomore class came to Los Alamitos High School not exactly sure what to expect, but they'll be returning next fall as juniors, not only knowing what a Griffin is, but how to be one.

Sophomore class officers have planned many special events and activities. President **Albert Koong** and Vice President **Sean Conboy** have fulfilled these duties.

A number of students spend their six minute breaks between classes to be with their friends. **Robin Lansford, Lisa Lander** and **Lynn Cipollone** spend their time together engaging in an amusing conversation.

Eric Peterson is shellacing one of the many projects needed to be completed before the semester. This elective class may promote interest for future jobs.

Linda Bueno waited patiently for her goldfish at the sale. C.F.A. held the sale in order to promote waterpolos spirit. Many people brought fish home like Linda.



Getting out of class and enjoying some nice fresh Los Al air, Craig McHugh takes a little extra time to study for his upcoming Spanish quiz.

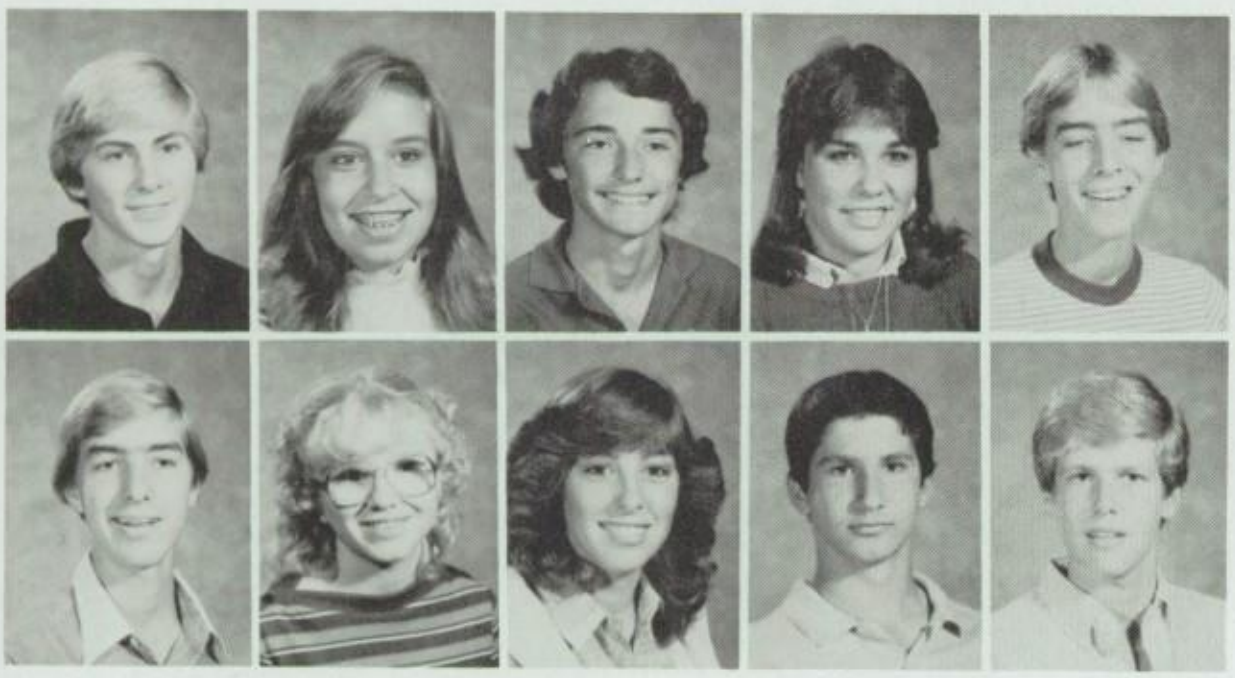
Laura Abbate
Stephanie Able
Roberta Abrams
Marv Ahlstrom
Todd Albert
Ray Allard

Thomas Allison
April Alvarez

Susana Amrikhas
Emelino Angcaya

Eric Arias
Makameh Aurang

Kevin Austin
Scott Austin



Noah Bailey
Lisa Bailor
Jeff Baker
Tricia Baker
Tom Bancroft

Tony Bancroft
Veronica Barragan
Patrice Barto
Daniel Baruch
David Bates

"Los Al is special to me because it has given me the opportunity to meet friendly people."

-Brian Sweet

Kathleen Beatty
Tim Beck
Cathy Beckett
Susan Bell
Sean Belle
David Bemis

Kim Benihni
Deanna Benstead
Terry Berg
Paul Bialek
Dyan Bills
Chris Bingham

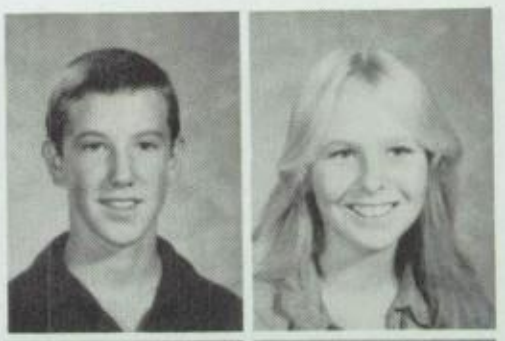
Brad Biringer
Vickie Black
Denise Blankenship
William Blankenship
Stacey Blickensderfer
Cheryl Boland

Chris Bole
Greg Boardman
Liz Brewer
Jeff Brown
Diana Brunes
Arlene Bruno

Linda Bueno

A friendly attitude is very important for a cashier. **Brenda Huber** seems to actually be enjoying herself while waiting on customer **Heather Gergen** in her retail class.

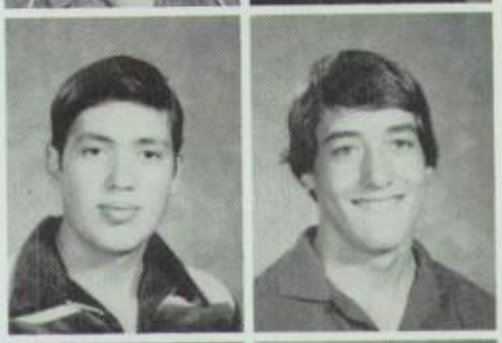
With his newest means of transportation along with one of the latest trends, Gary Renko cruises around campus after school on his Vespa scooter.



Chris Buonocore
Suzie Burk

John Burkett
Ruth Busenkell

Ricky Bytel
Erin Callaway



Jose Camarena
David Carpenter

Paul Carter
Bob Cassel
Rosa Castillo
Jenny Castlen
Pat Caudillo
Jennifer Caughlin

Albert Chang
David Chapman
Jennifer Chaves
Hung Yih Chen
Pam Chieppor
Ivy Chou

Eric Christman
Joe Ciantar
Jeff Cimbalo
Lynn Cipollone
Mike Clark
Tracy Clark

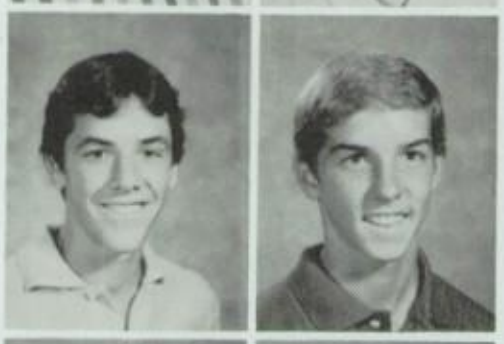
"Los Al offers me the chance to be my own person."

-Karen Wilhelm

David Clissold
Tracey Cohn

Shelley Colaluca
Sean Conboy

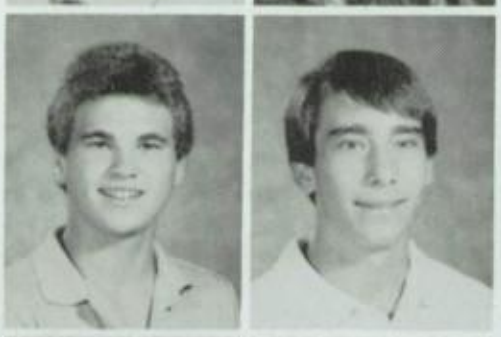
Anthony Contreras
Jeffrey Coontz



Donald Corwin
Gregory Coughlin

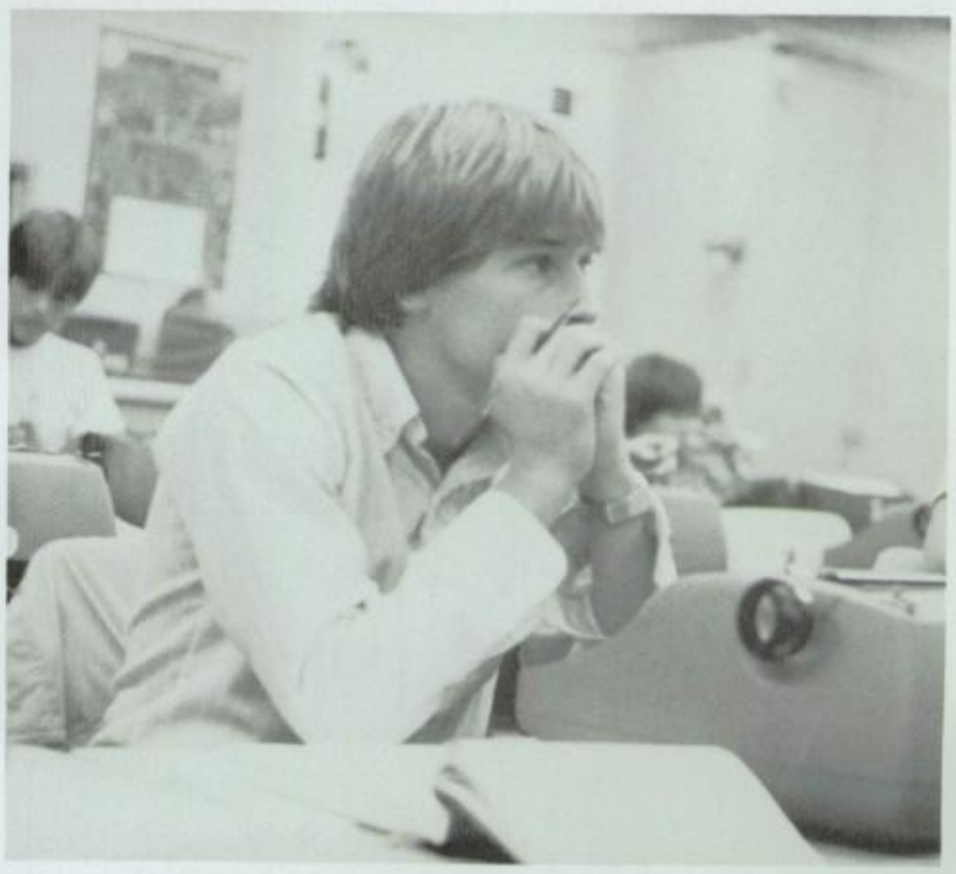
Chris Covellone
Cathy Coyne

Mark Craig
Paul Crandall



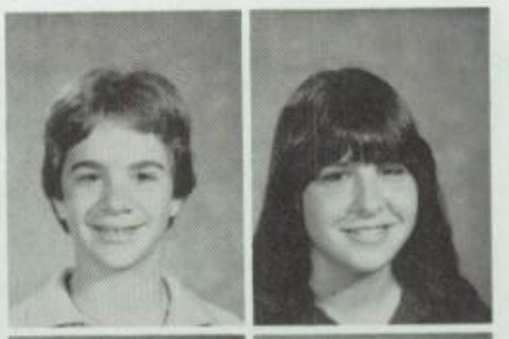
Jon Cruz
Ronald Dabbah

While on a break from class, **Wendy Radi** takes a leisurely walk through our sunny, attractive quad area.



Typing is a very important skill for students. **Riley Mattson** seems to be listening intently to what the teacher says.

Waiting for the bus to arrive, **Chad Kemp.** takes time out to think about his big match against Katella. Chad is a member of the Varsity Wrestling Team.

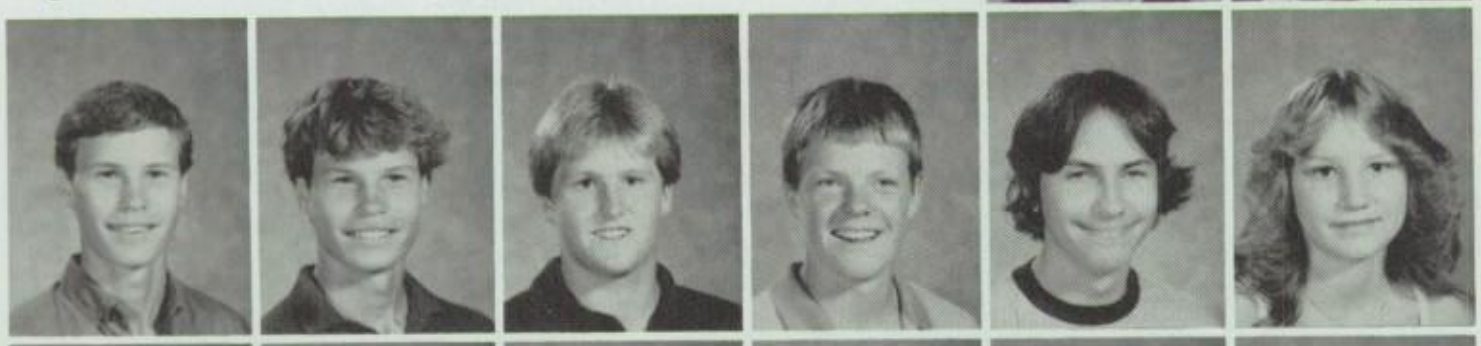


Paul D'Amour
Lisa Daniels

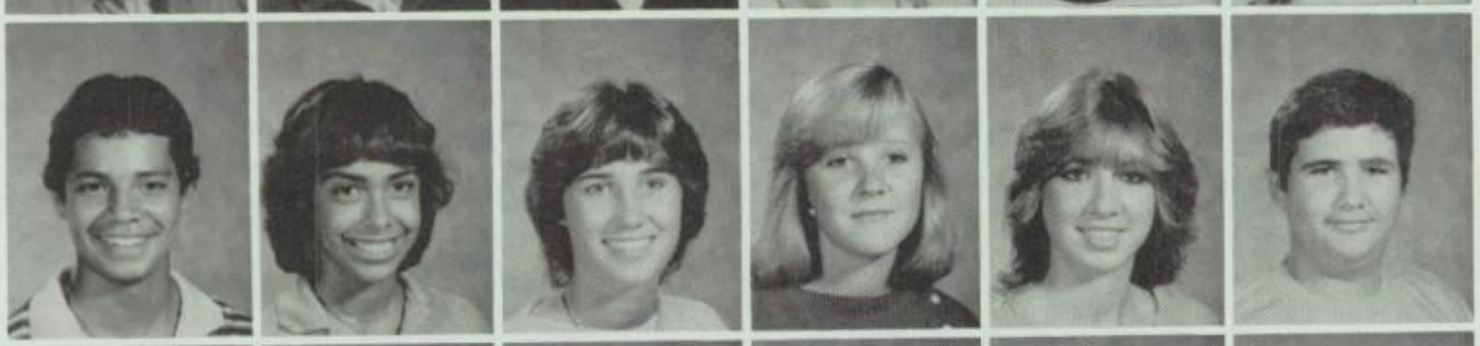
Helene Darling
Darren Davenport

Kevin Davis
Richard Davis

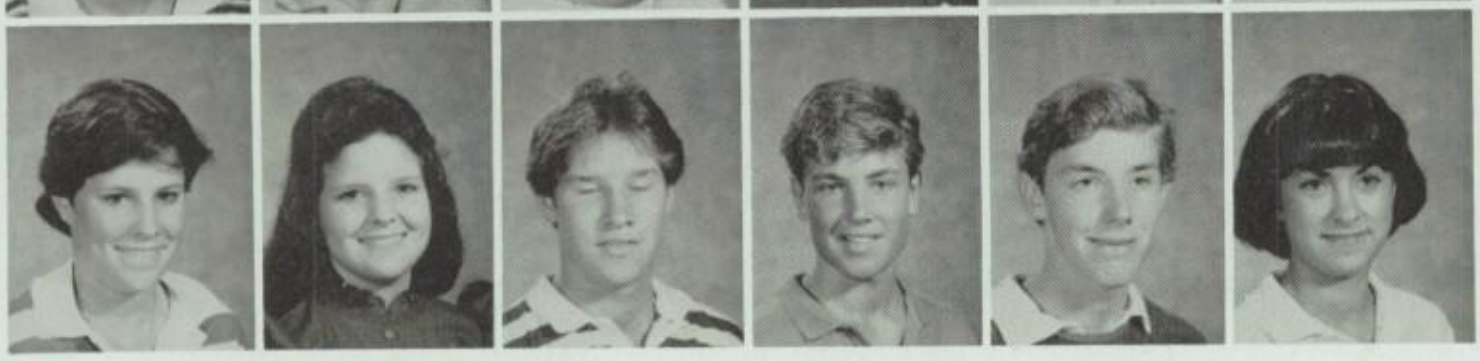
Norman Davison
Jeffrey Dechert



Brian DeHoog
Bruce DeHoog
Matt Deming
John Dennis
James Dennison
Cheryl Denunzio



David Depina
Magdalena Diaz
Kimberley Diehl
Michelle Dingillo
Loriene Doorbetakis
Chris Durgin



Lesley Durkee
Shawn Duzich
Bryan Earnest
Darren Eckhoff
Michael Egan
Jenae Elwell

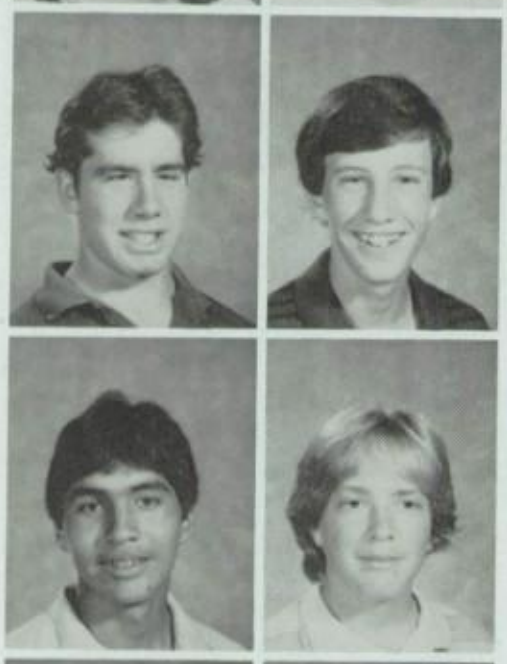
"Los Al is a school I am proud of."

-Lauren Omohundro

Lynelle Engel
Kathleen Ernst
Maria Eschenbrenner
Pamela Estabrook
Jackie Ethridge
Jack Eubanks

Helen Exacoustos
Dylan Fast
Gregory Ferenstein
Joy Fernbach
Danette Fischer
Elizabeth Fischer

Jack Fisher
Michael Flanagan

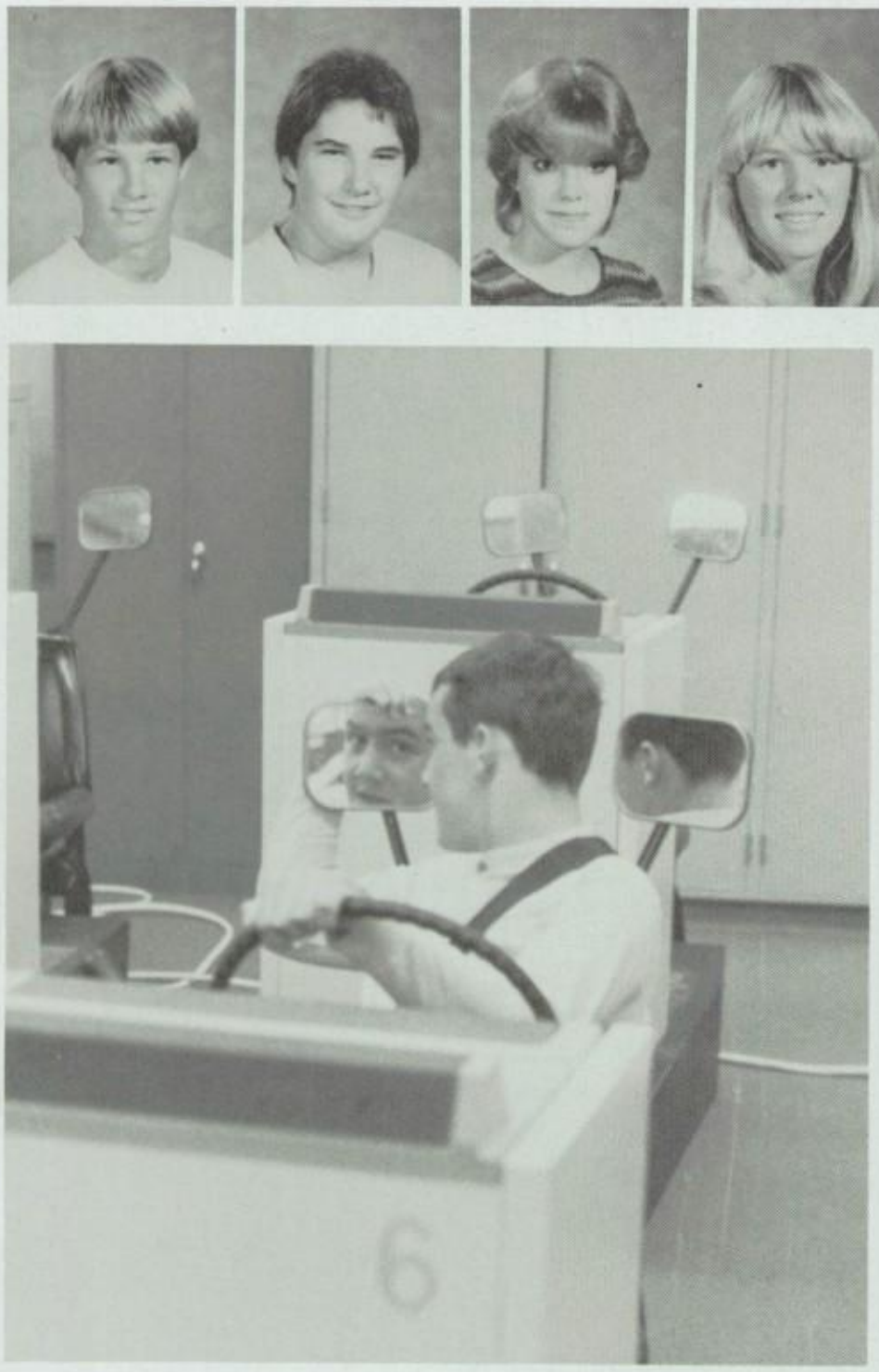


Victor Flores
Michael Fogarty

Jennifer Fowler
Mary Fried

Erik Friesenhahn
Juan Garcia

Sitting at the simulator in Driver's Ed. **Patrice Barto** becomes the first sophomore ever to win LeMans in her day dreams.

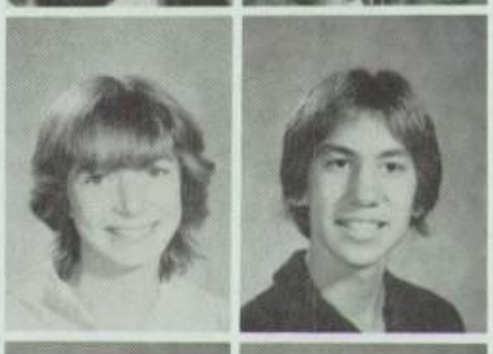


It's important to develop good driving habits. Sophomore David Chapman practices looking back and seems to be a little surprised at what he finds in the mirror.

Tom Gardner
John Garver
Karen Garver
Cheryl Gdowski
Daniel Geer
Heather Gergen

Robert Gerhardt
Shelli Gettler

Kristy Gianformaggio
Stacey Gill



Kay Gillette
Robert Gludt

Kathy Glaudini
Cynthia Glidewell

Alan Go
David Godoy
Robert Goodman
Sheri Goodman
Brian Gorman
Candace Gorman

Tricia Gorman
Robert Gossman
Daniel Gregory
Craig Grennon
Samantha Griffin
Robert Grimm

"The one thing I like about Los Al is the fantastic spirit we all have!"

-Pamela Spyrs

Susan Groff
Corrine Grubb

Wendie Grunzweig
Patti Gutierrez

Barbra Habenicht
Mary Hagmann

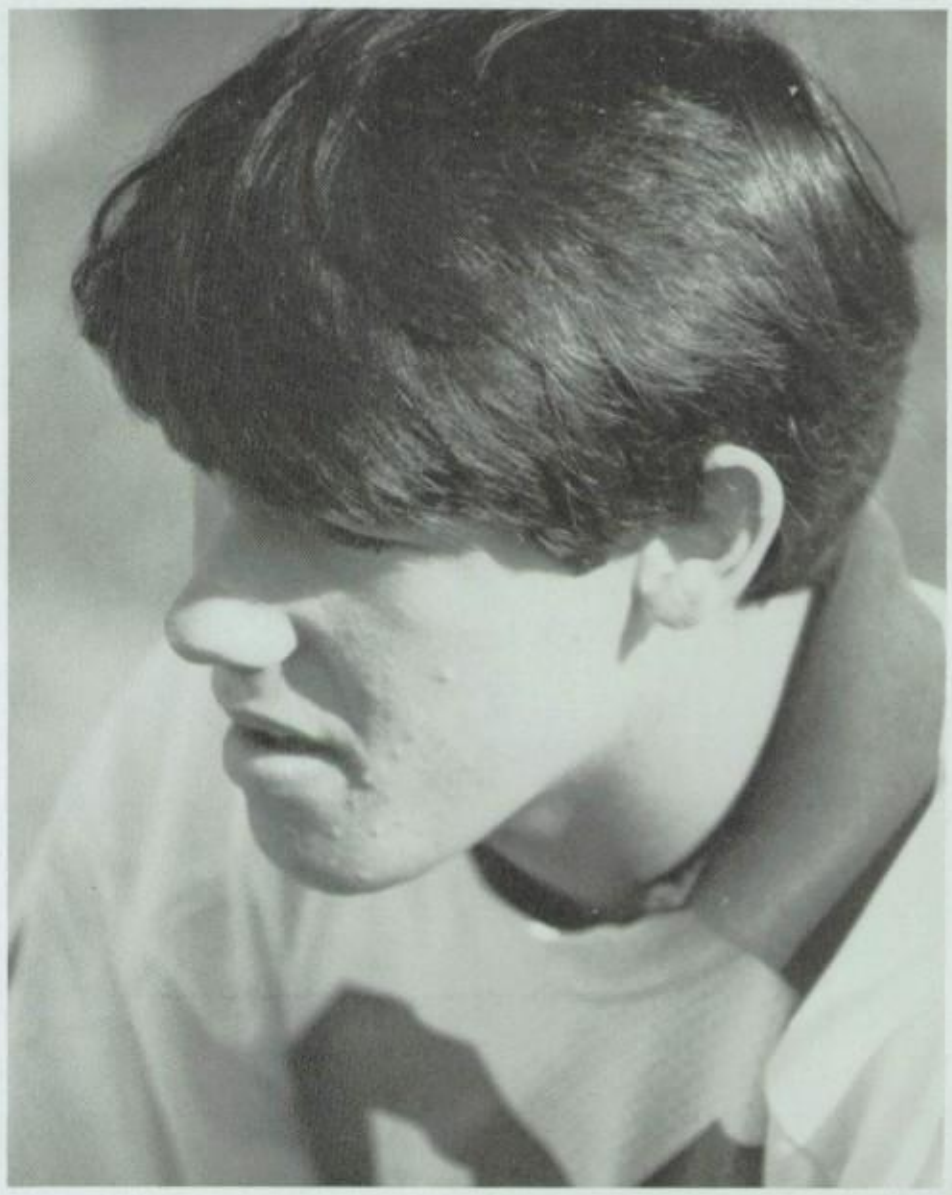
Fred Hagedorn
Laurie Hamada

Ross Hankle
Robert Harding

Vickie Hart
David Harris

Kenneth Hayashida
Duke Hays

There are many constructive classes at Los Al. In woodshop, **Albert Chang** demonstrates his manual ability as he sands his project to make the surface smooth.

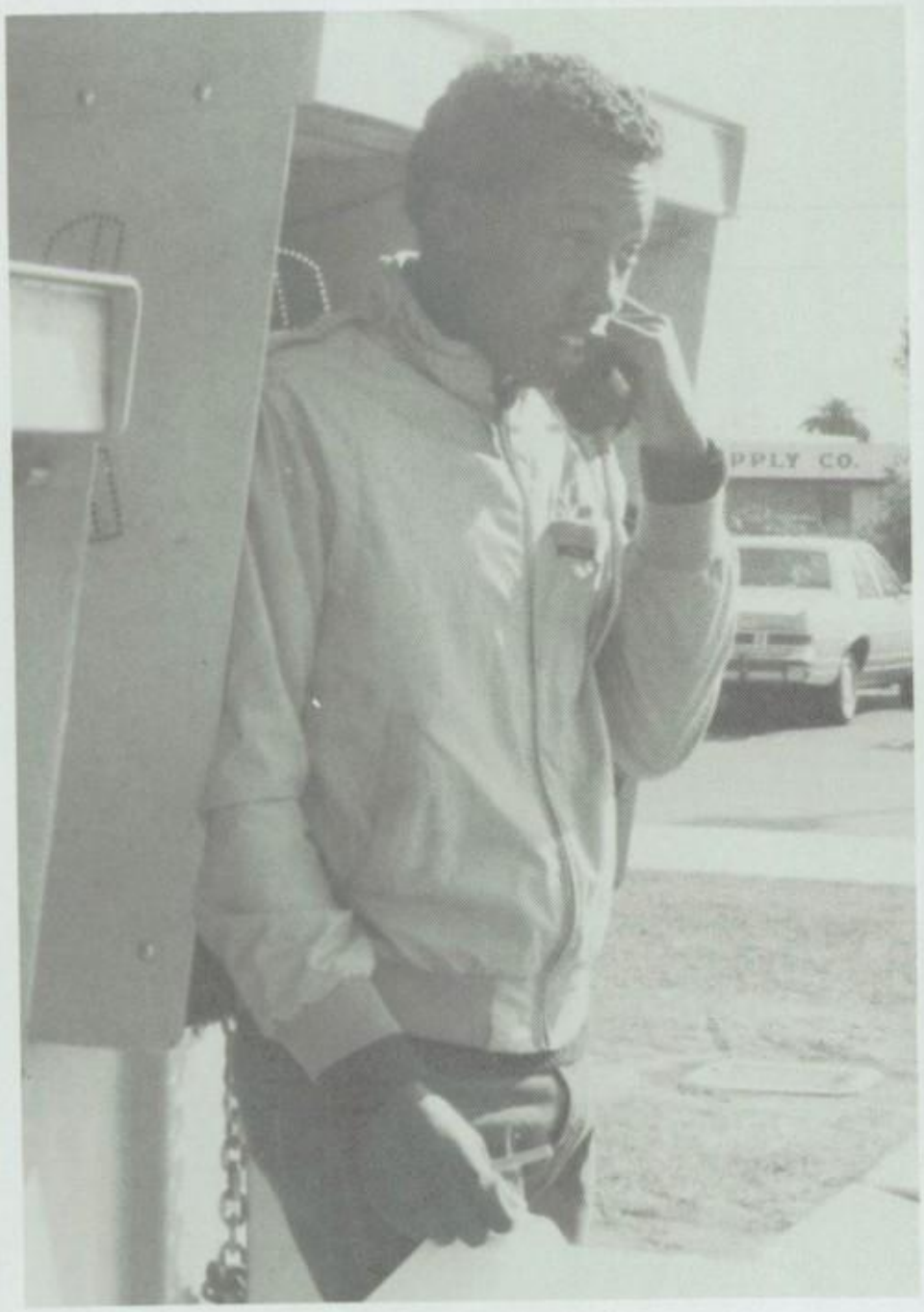


Craig McHugh sits on a bench in the quad area as he thinks about his game against Cypress. Craig is a member of the Sophomore football team.

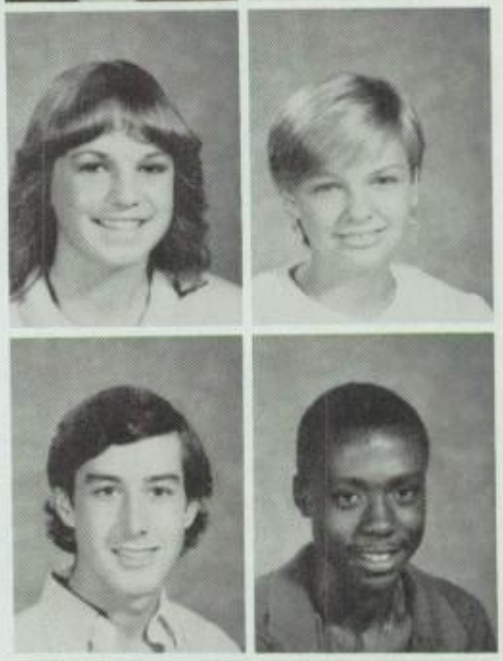
Jon Hecht
Tom Hefferan
Lori Heinselman
Charles Herbert
Sandy Hertzig
Elizabeth Hewitt

Laura Hill
Van Ho
Shawn Hoobler
Liliyan Hong
Keith Horn
Mark Houck

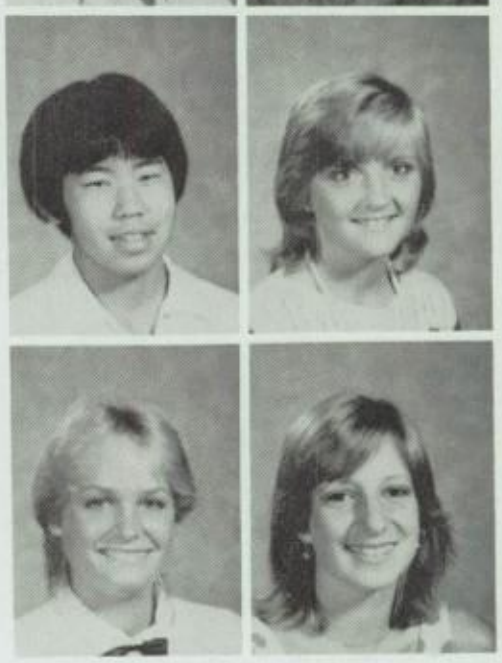
Sally Howes
Brenda Huber
Jeff Hubert
Linda Huff
Matt Hunter
Sheryl Hymes



In between classes, Tim Irving calls a late friend to warn him about the pop quiz in English. A friend with the same class is always helpful.



Jean Ingerle
Kirby Ingram



Tim Innes
Tim Irvin

Eric Itakura
Jodi Jandron

Susan Jenkins
Kim Johnson

"Los Al spirit means doing your best to win, but accepting the times you fail."

Cheryl Boland

Leigh Johnson
Terri Johnson
Tim Johnson
Eric Jones
Kathy Jones
Lisa Jones

Julie Jordan
Todd Jorgensen
Walt Kaminski
Janice Kasumovic
Linda Kates
Don Kavalle

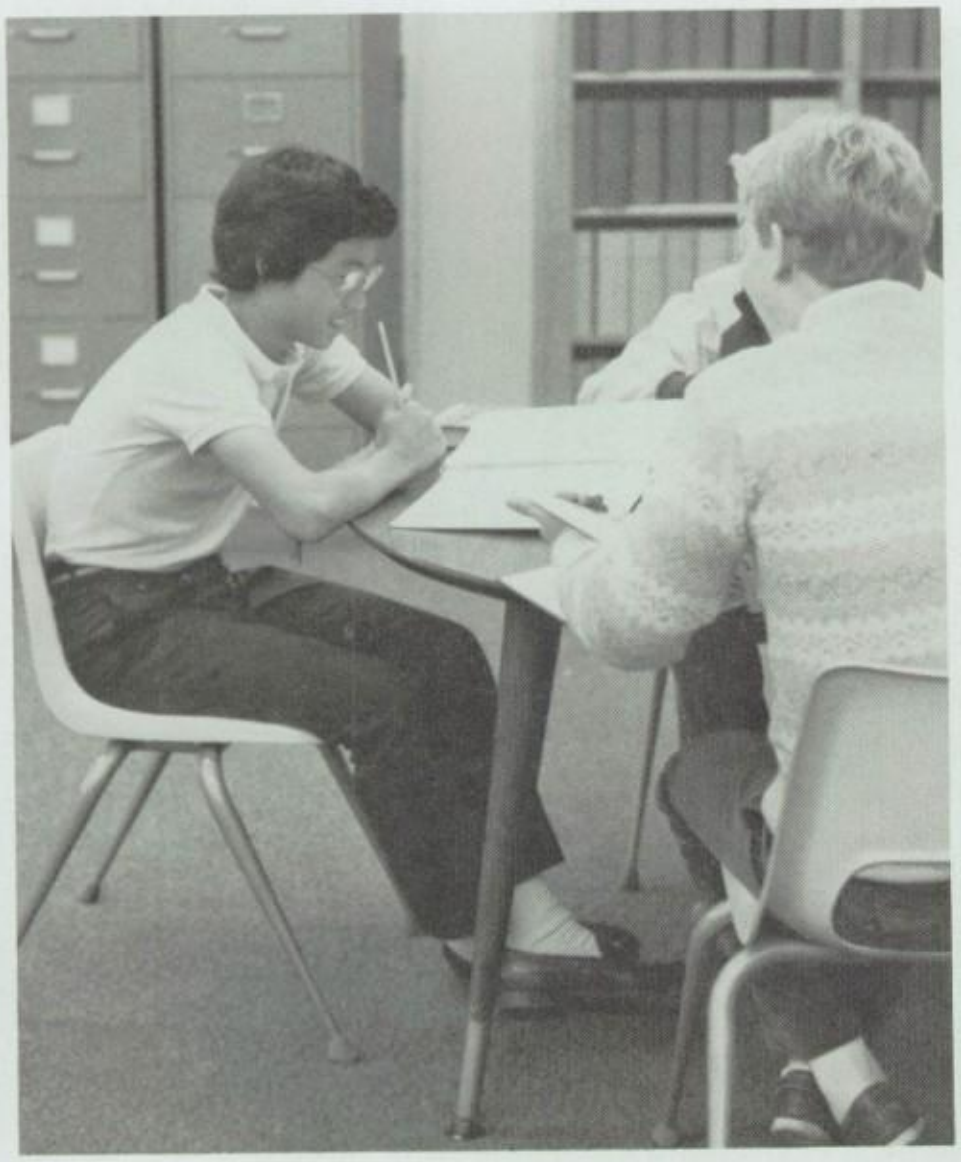
Kurt Kelder
Annette Kellogg
Chad Kemp
Linda Ken
Lynn Kichline
Georgina Kiely

Susie Kiker
Jim Kirkpatrick

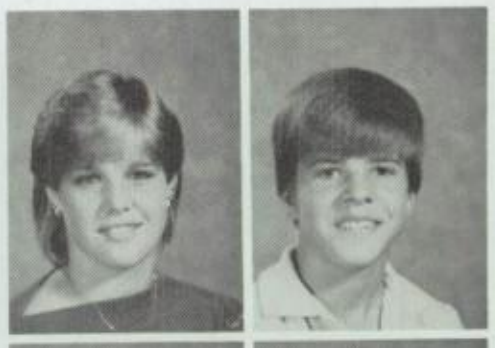
Tommy Kim
Phillip King

Linda Kissinger
Marc Kjorness

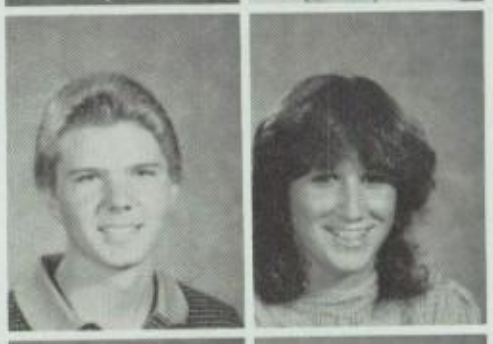
Garret Olson, a member of the sophomore basketball team, volunteers at the school blood drive by pouring cups of orange juice for the students who donated blood.



Sophomore class president Albert Koong works diligently as he prepares for the sophomore class committee meeting to be held at lunch.



Diane Klumb
Redden Knight



Mike Knittle
Karen Koissian

Duane Kolb
Kim Kondra

Albert Koong
Laura Kraft

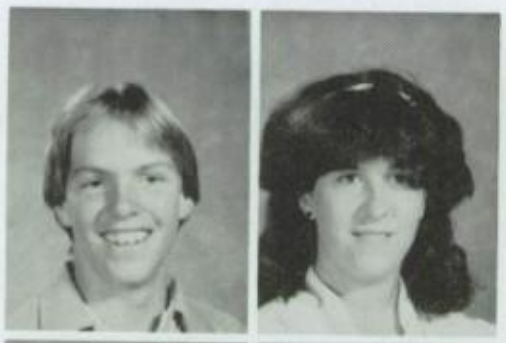
Paul Krueger
Mike Kuehn
Vicki Land
Lisa Lander
Robyn Lansford
Peter Laughlin

John Laurain
April Leapley
Stacy Lee
Claire Legas
Scott Leonard
Brendon Lester

David Levy
Kristian Lewis
Mark Lewis
Linda Liang
Keith Lifshin
Jimmy Lo

"Los Al is a school I am proud of."

John Logan
Julie Lunetta



Lisa Lunetta
Mike Lynch

Ron Maag
Doug MacCready

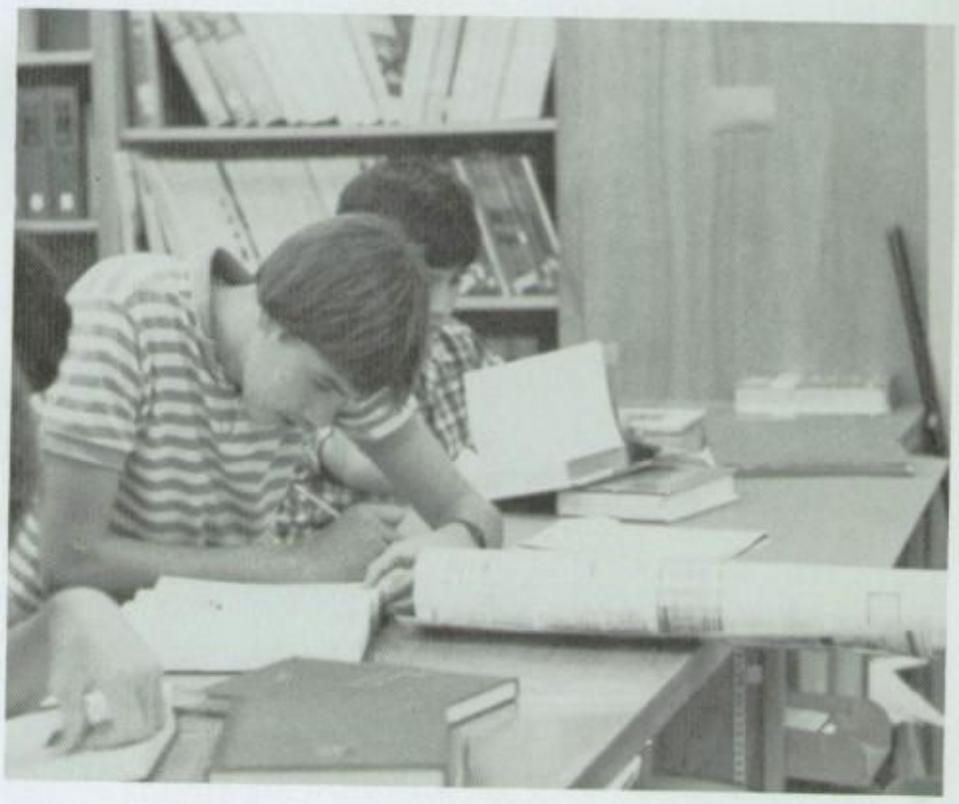
Chris Maddox
Christian Madsen

Dawn Madsen
Mary Ann Manabat

Kevin Manatt
Lori Martin

Mike Martin
Riley Mattson

Lauren Omohundro



Don Corwin is busy writing a book report for his English class. He uses the library for information, and to get research, so he'll receive a good grade.

Denise Troutman is giggling with her friend about a joke in Health class that she heard Dan Gregory say as he started to walk back to his seat.

Diana May
Kim McAffee
Kim McCabe
Brett McCune
Patrick McDaniel
Rich McDonald

Amy McDougall
Jenny McEntee
Rich McFall
Jamie McGann
Craig McHugh
Jim McKernan

Bruce McMorris
Cindy McNamara
Mike McQueen
Danny McVay
Jennifer Meadows
Mike Melancon

Mike Kuehn is a member of the Olympian Marching Band Percussion Section. He is performing the Los Al fight song at one of the Pep Assemblies.

James Mentas
Steve Mercadante

Cheryl Meyer
Adell Miller

Scott Miller
Tracy Miller

Shelli Mitchell
Rick Moore

"Los Al is special to me because I have grown up and made wonderful friends."

Deanna Benstead

Steve Moore
John Moreno
Mike Morey
Jill Morley
Greg Morris
Debra Muccino

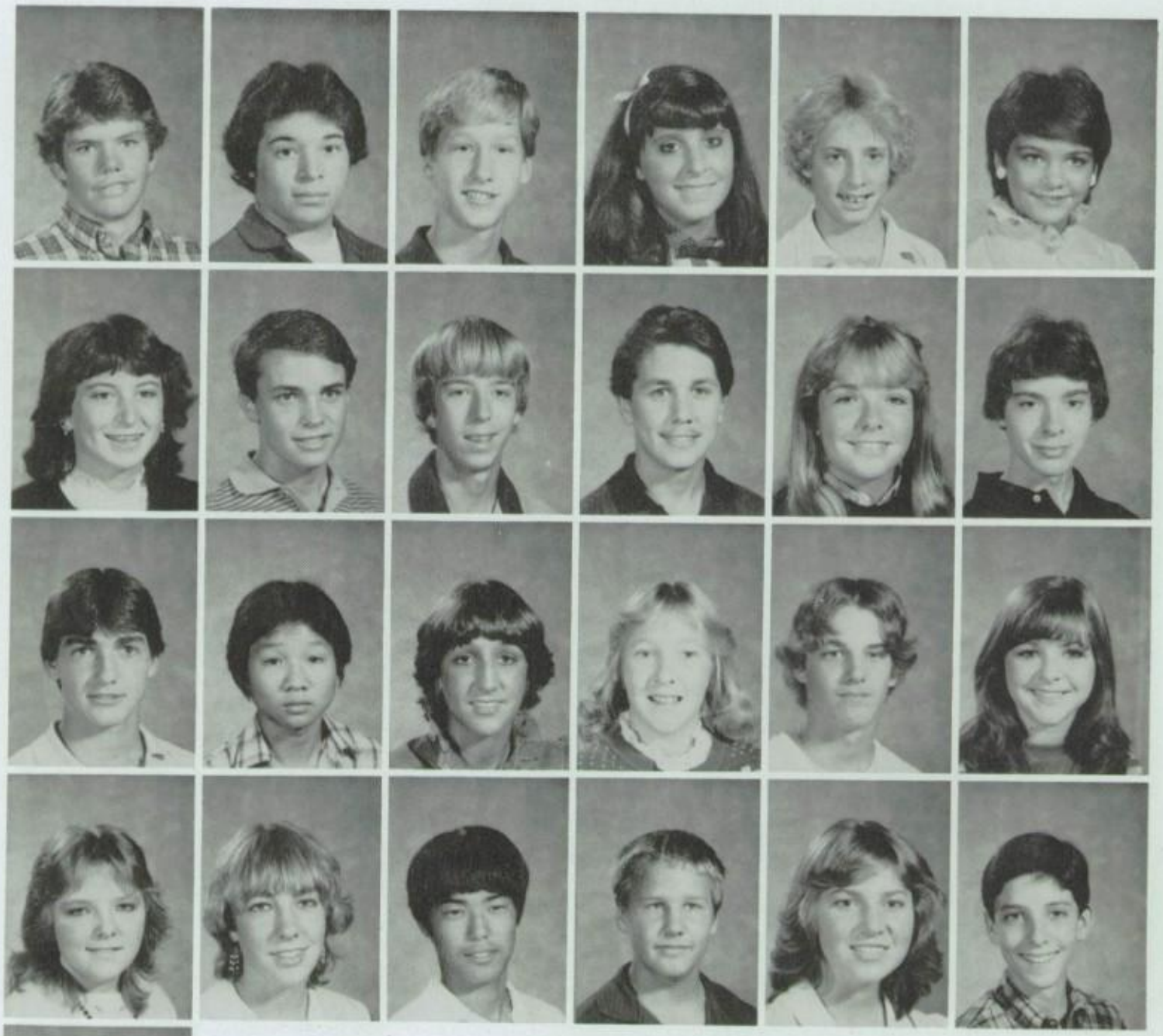
Sonja Muir
Jason Mullins
Todd Murphy
Chris Myers
Vicki Myers
John Nelson

Rick Nen
Dinh Binh Nguyen
Julie Nicolaou
Stacy Nordstrom
Chris Nugier
Charla Null

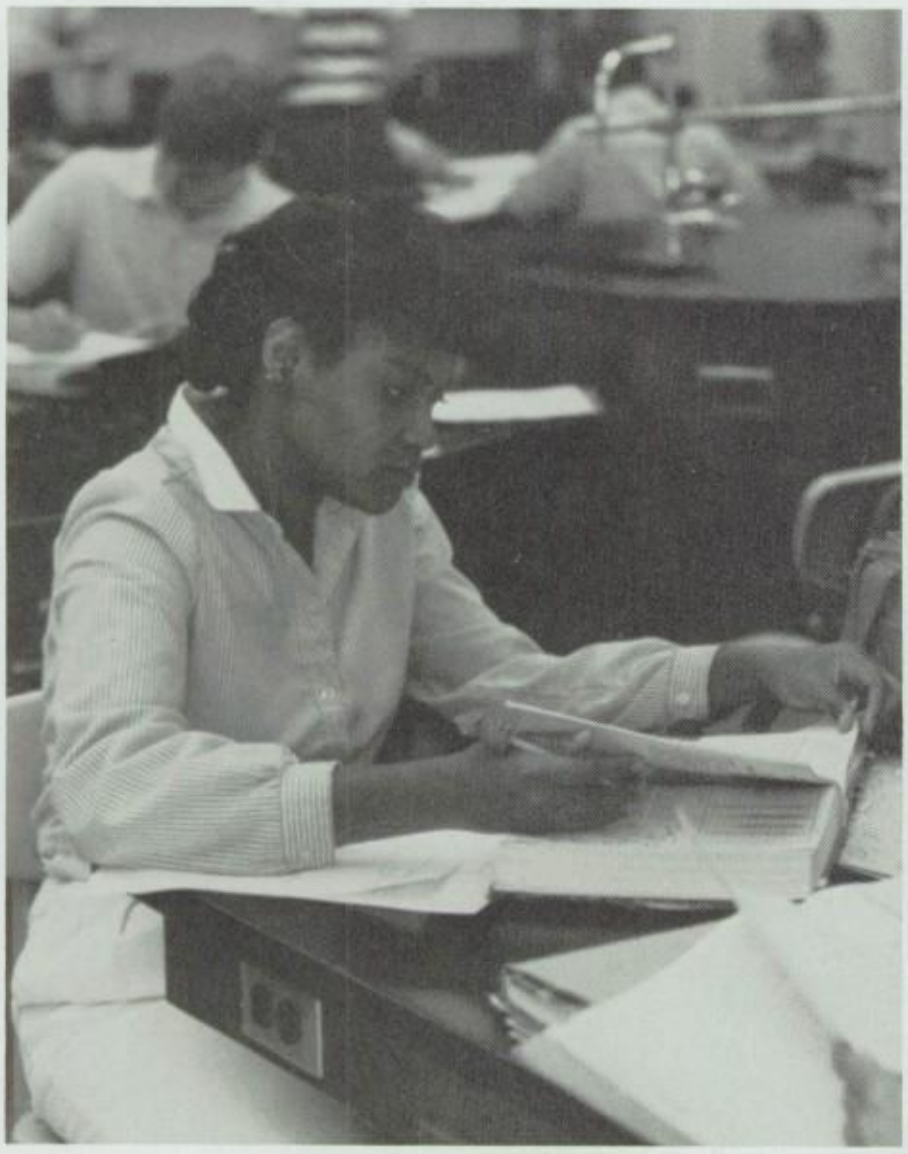
Shawn Nuttall
Denise Nutter
Bryan Oda
John Ogorzalek
Kristin Olin
Garret Olson

Lauren Omohundro

Suzy Oppenlander

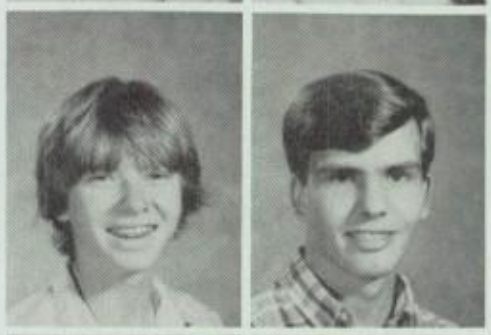


Deep concentration is the key to accuracy when operating a cash register. Daryl Schorr takes a quick look at his book before starting his assignment. The cashiering class is helpful to students entering the business field.

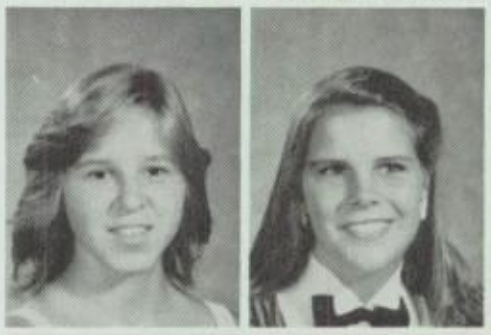


Kristian Lewis sits quietly in her biology class looking through her text book. She is diligently studying her notes, hoping she won't have to dissect a frog.

Jason Oram
Rosalie Ortiz



Troy Ottele
Mitch Ottenstroer



Lorie Paldi
Kim Palmer

Paul Park
Shawn Parsons

Mike Patrick
Sandy Pendleton
Eric Peterson
Pam Peterson
William Peterson
Kim Petullo

Lee Phillippi
Greg Phillips
Richard Pickard
Charles Pike
David Pincek
Cindi Poe

Chris Pollard
Stacy Pollard
Kris Poncinie
Debbie Potechin
Bryan Potter
Kevin Preston

"Los Al offers me a chance for a better future."

Maria Puente
Danielle Pulone

Wendy Radi
Cathy Raighn

Thomas Rak
Sonia Ramirez

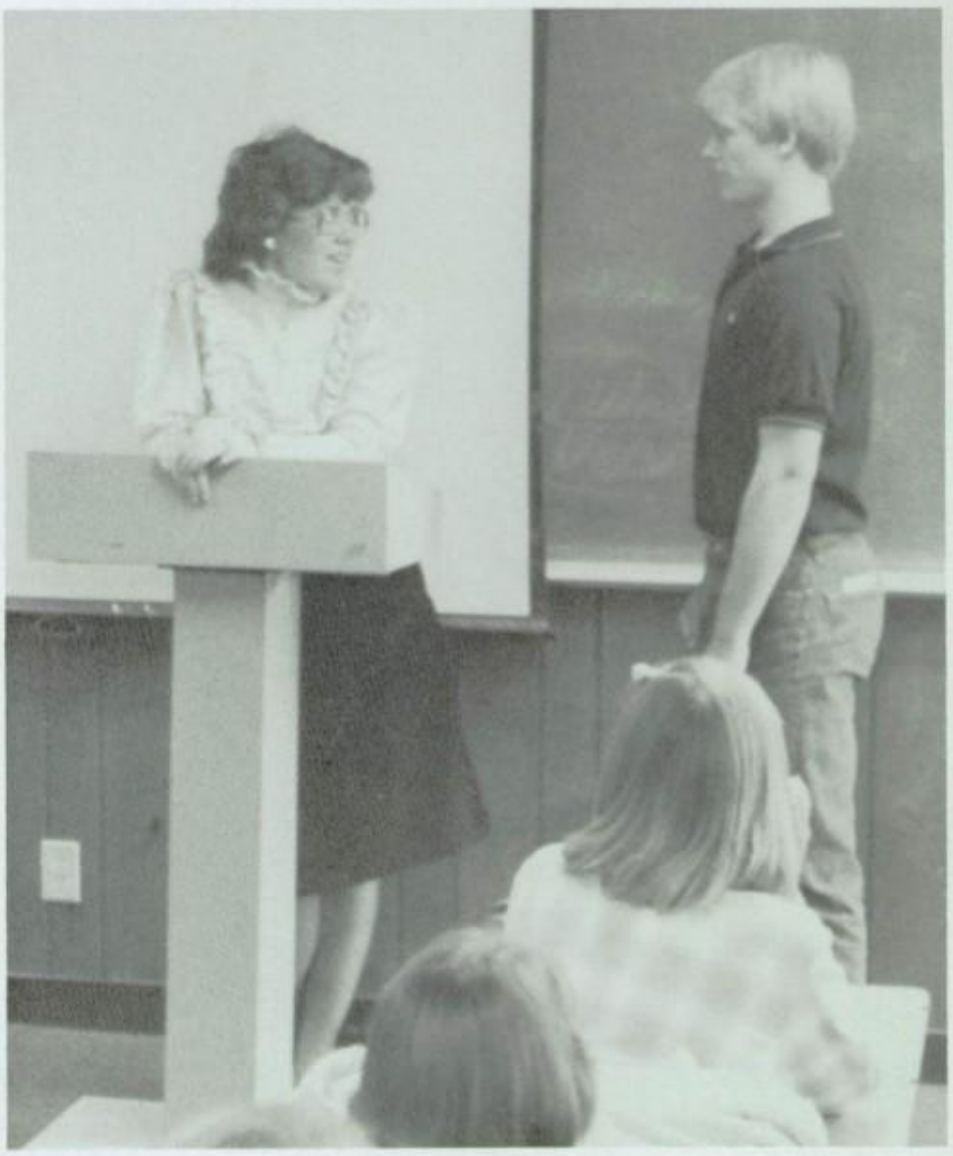
Kent Ramseyer
Paula Rawls

Mark Ray
Robin Recendez

Laura Reeves
Brad Reidy

Mark Reissig
Kim Re'

Brett McCune



All students in health must select a topic on which to gather information and make presentations. Laura Reeves and Gene Sollows spent hours completing their project.

Glen Perryman holds the nail set as Albert Chang readies to hammer it into Glen's hand. These two prove that all work and no play is boring.

Lunch time is often the only time when friends can get together. Karen Koissian, Mary Fried, Kim Diehl, and Julie Nicholaou, are catching up on the latest news.

Gary Renko
Kenny Richards

Pam Riedel
Kelly Rieg

Robert Rinella
Sheralyn Rinella

Kurt Rippelmeyer
Sandra Ritchie

Steve Roberts
Janice Robia
Anna Rodriguez
Michelle Rodriguez
Russell Roe
Jodi Rovida

Dean Rybicki
Gloria Saladrigas
Sandra Salamanca
Rodney Salas
Barton Sammons
Steve Sanden

Joe Sanders
Robert Sandusky
Brian Savage
Evie Scalora
Brian Schild
Diana Schmitz

"The people at Los Al make it special."

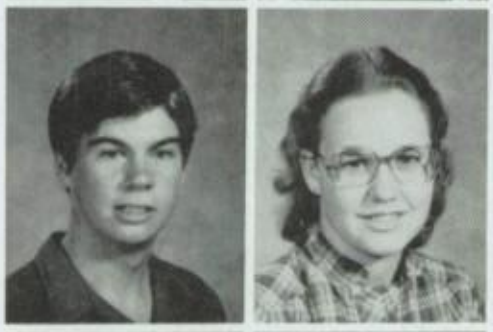
Kim McAfee

Erika Scott
Daryl Schorr
Karen Schindler
Kris Schlauch
Julie Schulz
Sharon Seager

Shelley Severin
Bret Shablow
John Shadrick
Yancey Shelton
Debi Shuppara
Kyle Shields

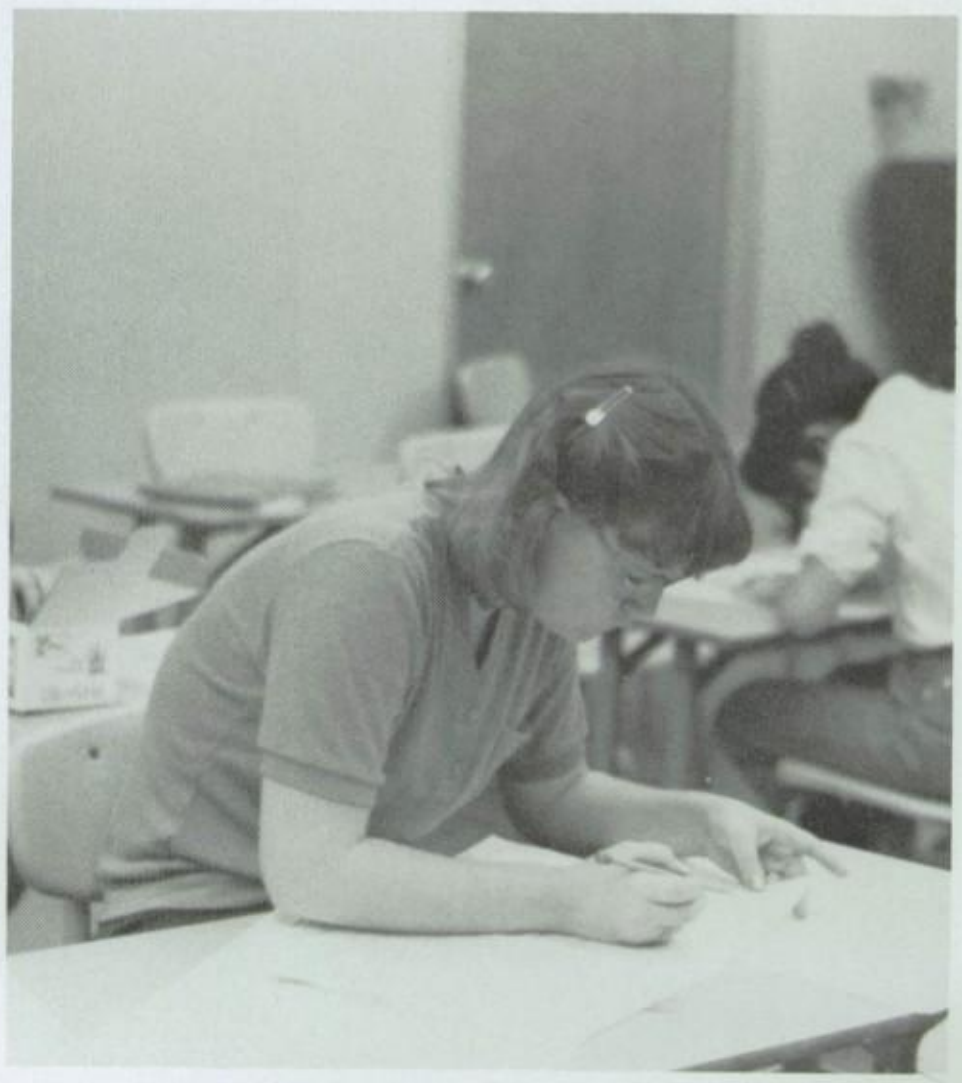
Robby Shortridge
Laura Silverman
Naomi Silvi
Fiono Sinclair
Ron Sittler
Kelly Slater

Don Smith
Karen Smith



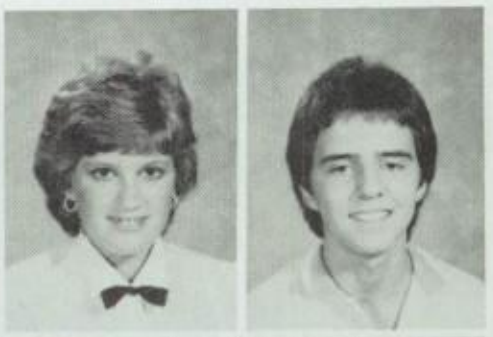
Susan Smith
Scott Snyder

Brett Soldano
Gene Sollows



Yearbook involves many long hours of hard work both during class and after school. **Karen Smith** finishes drawing one of the many practice layouts that are needed.

Chris Pollard, preparing for practice in the band room, is a very important percussionist. It takes many hard hours after school to be a good band member.



Donetta Sorenson
Greg Spooner

Pam Spyrs
Sharon Spyrs

Mike Stea
Ken Stauch

Steve Stearns
Scott Stonebrook

Chris Stratton
Denise Straub
Elizabeth Schuck
Carl Suiter
Verge Suilivan
Cathy Summers

Mike Summers
Bill Swanson
Brian Sweet
Amy Swieck
Karen Sylvia
Yurika Szabo

Travis Tarchione
Tricia Thornberry
Tom Tischler
Tammy Tober
Kim Tobin
Kirk Tobler

"Los Al spirit means doing your best to win, but accepting the times you fail."

Cheryl Boland

Bill Todd
Shelly Toomey
Adam Torem
Anna Triplett
Denise Troutman
Laurie Tyo

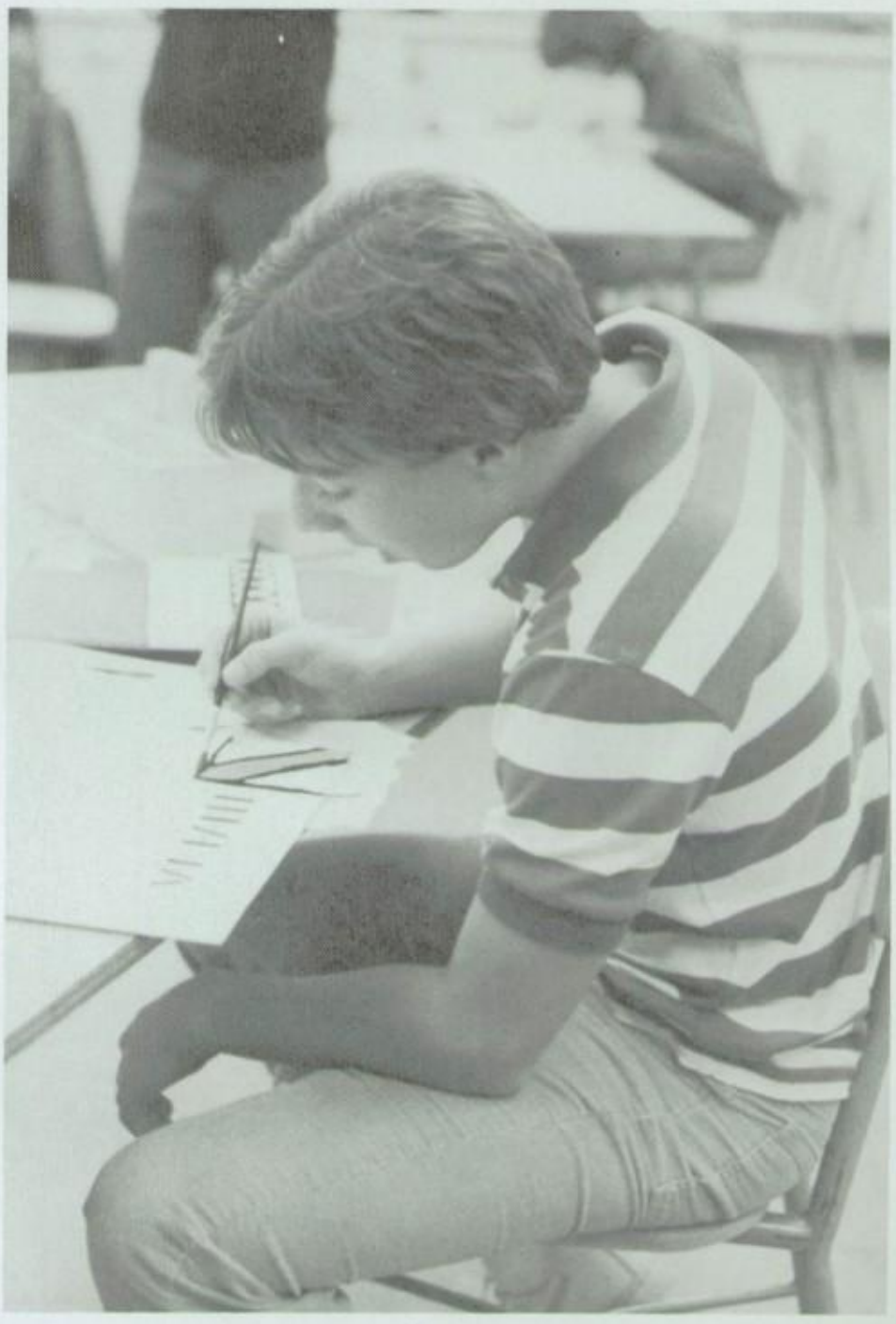
Glenn Urata
Kelley Uyeda
David Van Winkle
Magnolia Vela
George Velasco
Daniel Waechter

Traci Walker
Troy Wallace

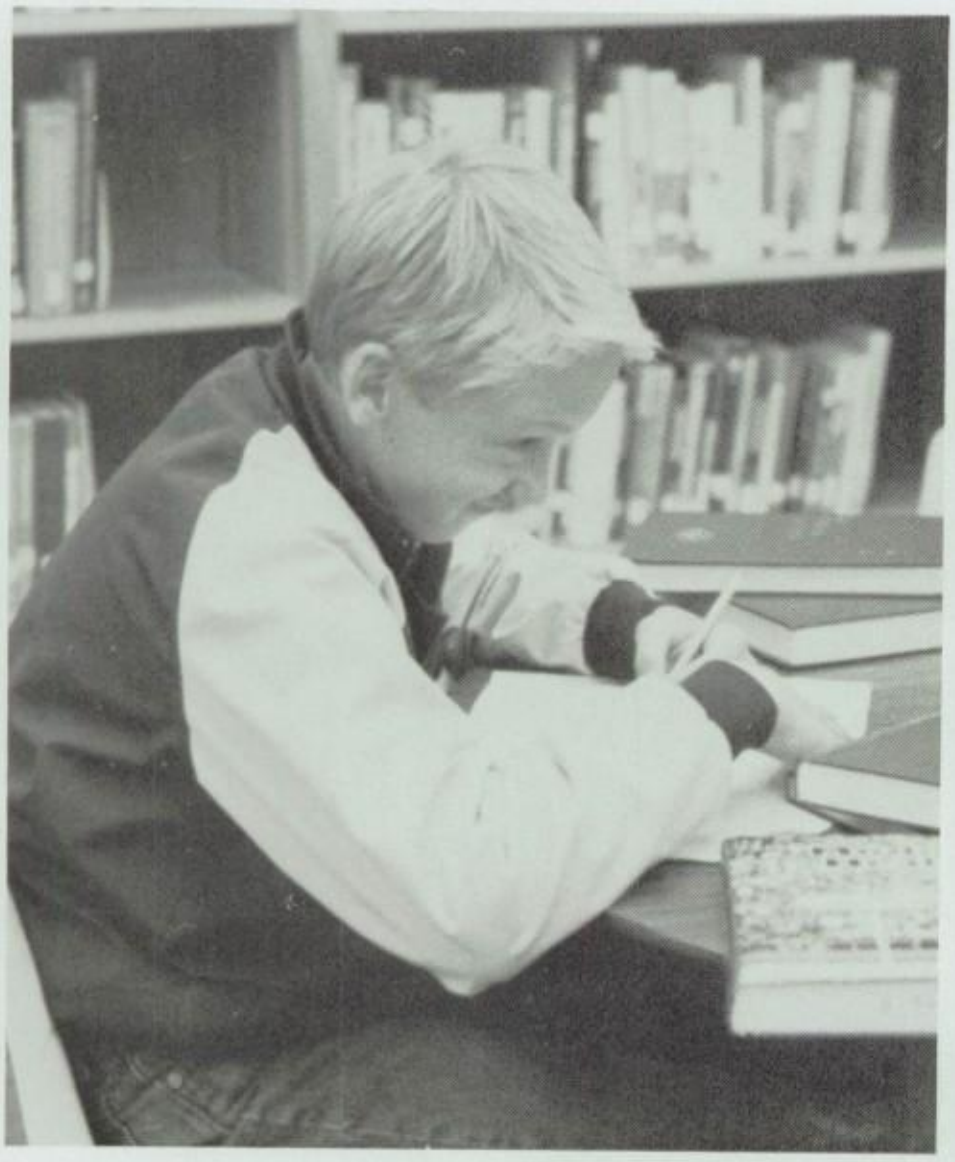
Shelley Walter
Tamye Watson

Jason Wells
Suzanne Welter

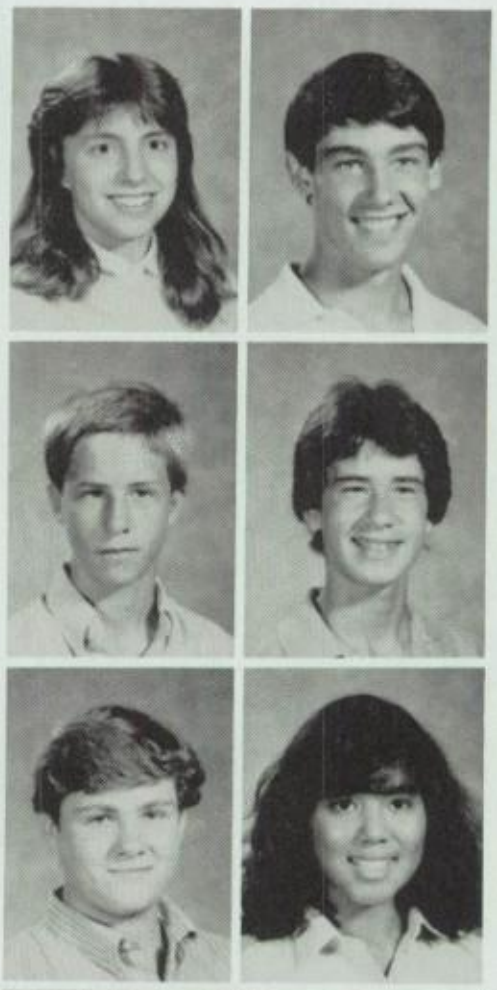
Patty Whisenhunt
Paul Whitacre



One of the many requirements of graduation is to take a semester of fine arts. Craig Cassidy chooses drawing and painting to develop his artistic ability.



Robbie Goodman sits in the library working on an English paper. He makes a face in frustration because he lost his place in the encyclopedia.



Karen Wilhem
Craig Wilkerson

Tracy Wilkinson
David Will

Jeff Wilson
Thet Win

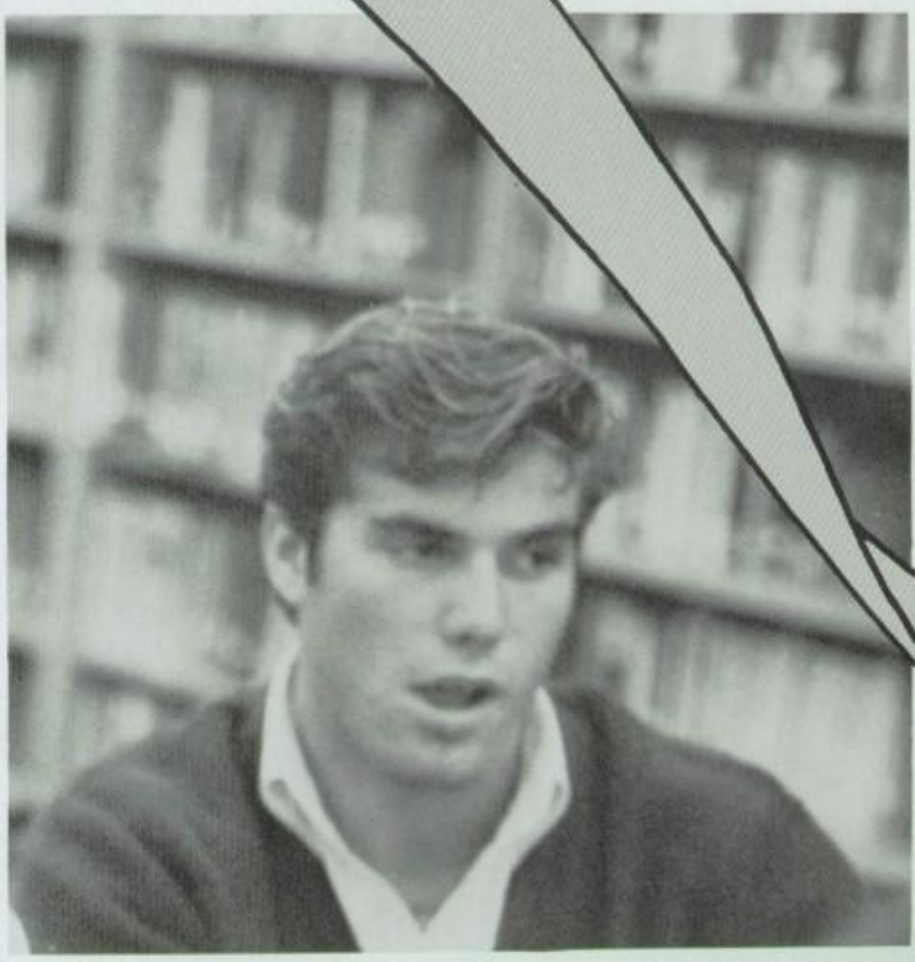
Kristy Wingert
Martin Wolf
Russ Wolf
Wendy Wolfe
Tisha Wong
Andy Woods

Guy Woodson
Ryan Workman
Pierce Wortman
Tammy Wuesthoff
Robert Yee
Walter Yesenosky

Karen Yoh
Roger Yoh
Tamara Young
Cathryn Zerwick
Cortney Zerwick
David Zorich

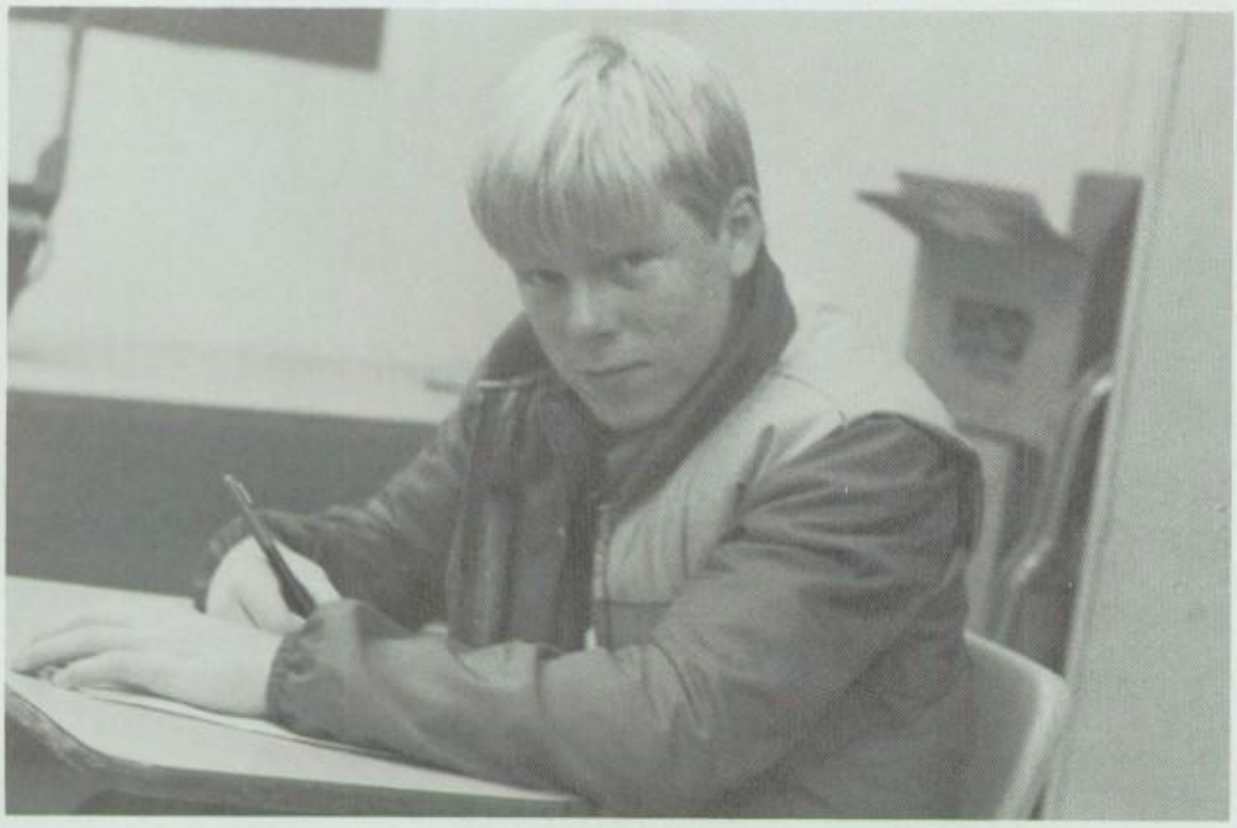
The school library provides many useful resources. **Darilyn Sisemore** works hard in trying to complete an important assignment for her world history class.

The character traits we most often see at Los Al are those of bubbly and outgoing people such as found in freshman, **Brooke Burtsell.**



Glenn Reasbeck is contemplating which books he should use to help finish his report. He has only a few more days before it is due.

Freshmen



Wim Libby has many important classes in his busy schedule, but his math class seems to give him the most trouble. He knows he can get help from his teacher, so he doesn't worry.

Hard working students, **Kristin Kelder**, **Tara Murray**, and **Sherry Shadrick** put in much effort towards their group Halloween stories assigned in English.

Derek Bowen smiles as **Suzanne Bragg** compliments **David Hastie** on his new German Club T-Shirt. Several different styles were worn on campus.

FRESHMAN CLASS RENEWS OLD FRIENDSHIPS

Friendships were renewed as the freshman class joined Los Al's student body. Though the first day of school was a frightening experience, many freshmen reunited with their grade school buddies and decided that the scary experience was worth it. "It was great seeing old friends who had changed over the years," exclaimed one freshman. Adjusting to harder classes, a larger campus and a bigger student body was quite a challenge for most of the freshmen. After the first week, however, they settled down and adjusted to their six period day. The classes were more challenging, so was the homework, and this left little time for extensive socializing after school. Even so, many of the freshmen found time during lunch to attend the meetings of their favorite T-shirt and social clubs. These meetings not only gave them a chance to meet with their friends; it also provided them with a chance to improve the school and community.

While waiting for a friend, freshmen **Lisa Kaplan** and **Shanna Hemmings** stop to look at the familiar surroundings of the campus. To them it seems like home.

The freshmen class officers represent the ninth grade in Congress. Freshmen President, **Asim Desai** and Vice President, **Joy Whitney** take charge.

Rhonda Peterson and **Doug Fatone** quickly discuss several topics as they study hard for their upcoming final exam.

In the morning during English class, freshmen, **Derric DuBourdieu** and **Mike Asher** act out their own thoughts and feelings when their teacher, Mrs. Kenny, gives them a chance for role playing.

Before the lunch bell rings, **Brooke Burtsell** practices some moves from the new drill team routine.

While in woodshop class, **Mike Maggard** routers a piece of wood as he works on his project for the first semester.

Michele Adams
Rochele Adams
Charito Adle
Illina Alanes

Jeanne Allard
John Allard
Mike Allen
Marc Alpert
Erin Anderson
John Armijo

Heather Armstrong
Mike Asher
Marlo Assad
Chiki Aurang
Susan Austin
Rachel Baird

Darryl Baker
Jennifer Baker
Leslie Baker
Phil Barnes
Tom Barragan
Andrea Barrows

Mike Barton
Danny Bastas
Jeff Beaudoin
Mark Bellwood
Kristy Bennett
Mike Bernstein

Cassie Beyer
Devora Binder
Wayne Bish
Kevin Bishop
Gene Blackmun
Mary Boland

While slowly walking to class, **Maryann Eaton** and **Darilyn Sisemore** stop to show their friends the pom poms that they just bought to use at the football game.

Upon hearing the tardy bell, freshman, **Suzanne Bragg** slowly heads for Mr. Doran's art class after lunch.

Donald Boling
Angela Bolling
Sam Boner
Jon Borbon
Derek Bowen
Lisa Boyd

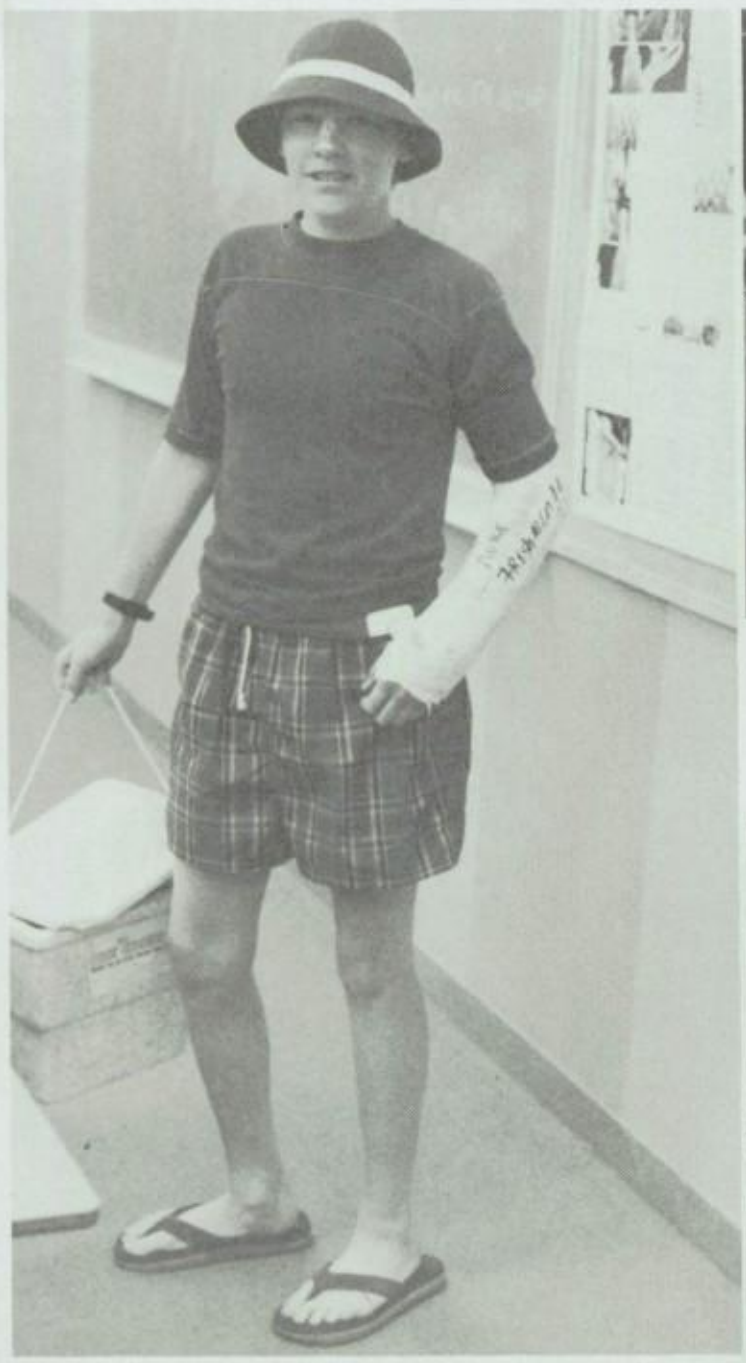
Nicole Bradford
Suzanne Bragg
Jennifer Brown
Leslie Bruce
Greg Bulmash
Danelle Burick

Jim Burns
Stacy Burris
Brooke Burtsell
Tim Butler
Ellen Caddick
Jill Callison

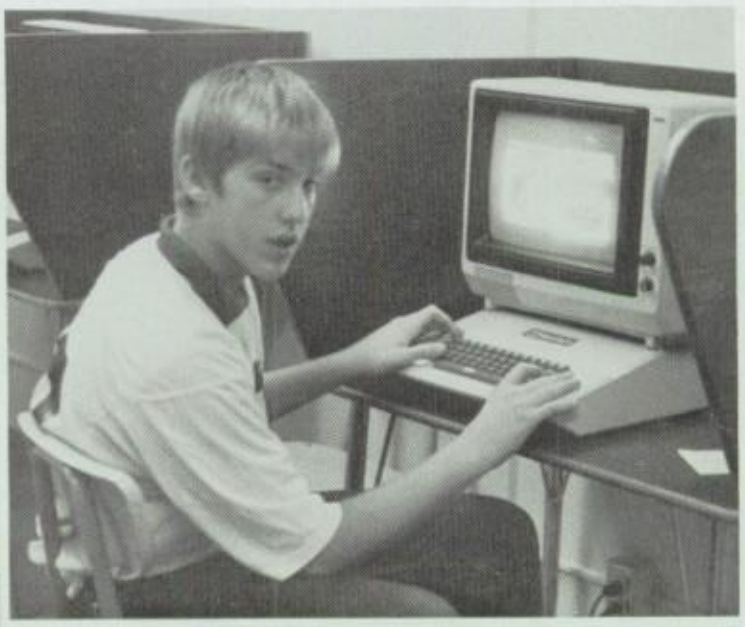
Miguel Camarena
Kim Campanelli
Julie Campbell
Steve Campbell
Patrick Campuzano
Martin Canavan

Stefani Canin
Todd Carcelero
David Carlen
Shari Carll
Sean Carlson
Jennifer Carlton

Von Carrion
Greg Carson
Eugenia Castillo
John Castro
Carol Cauchon
Ann Marie Caudillo



In spite of his severely broken arm, Lawrence Wolf shows his enthusiastic spirit by wearing his beach attire for spirit week.



One of the new attractions on our campus is the computer room where Frank Smith learns the fundamentals of computer science.

Kelly Chaides
Laura Chavez
Mitchell Chedester

Huey Ly Chen
Michael Chen
Carla Childers

Shirley Chiu
Jimmy Chou
Lisa Cimmarrusti
Kenny Clark
David Clayman
Shawn Cordes

Joe Corrales
Staci Cotler
Joe Coulter
Gary Covington
Stephanie Crabtree
Sean Creasy

Amy Cross
Kenny Cross
Jody Crum
Lisa Cusumano
Sean Daniels
Kim Daro

Kellie Davis
Michael Dawson
Rene Deitsh
Christine Dennis
Asim Desai
Nita Desai

Freshman, **Rene Deitsch** quickly finishes up her last assignment so she will not have to do it over the long weekend.

After days of preparation, freshmen **Kelli Hawkins** and **Darilyn Sisemore** give their oral presentation to their attentive English class with the aid of a tape recorder.

Rick Powers contemplates his very own "masterpiece" that he is painting in art class. He is not sure whether to finish with a paint brush or just dip his fingers in the paint.

Tony Deschenes

Jim Devlin

Timothy DeYoung
Andria Dickens
Jeannette Dolsey
Jim Dorsey
Robert Druckenmiller
Derric DuBourdieo

Don Dubry
Johnny Dunn
Jim Dupuy
Rick Dupont
Jerry Duran
Erik Duthie

Brian East
Marianna Eaton
Doug Emken
John Englert
Debbie Enno
Diane Errickson

John Espinoza
Kaveh Eteghamat
Teri Estes
Tricia Everson
Kevin Falsken
Joseph Faragi

Doug Fatone
Jackie Fineman
Randi Finger
Matthew Fisher
Glen Francia
Julia Francis

While waiting for the bell to ring, **Jody Crum** and **Susie Pray** talk with **Mrs. Judy Trujillo** about the drama production.

While sitting in class and looking very convincing, freshman **Kristin Kelder** eagerly tells a friend about the delicious candy that she is selling for the Drill Team.

Heather Frewin
Monica Frittmann
Jill Fujikawa
David Fusco
Julianna Fusco
Pat Garcia

Patti Garcia
Rosanne Garcia
Jennifer Getz
Traci Gibson
Gail Gillette
Lester Gjetley

Aaron Glatman
Darren Glaudini
Pam Gold
Tina Goldiano
Rob Gorden
Finlay Gow

Stephanie Graham
Chris Gray
Heidi Gray
Julie Green
Kris Greggerson
Roxanne Griffin

After receiving their school pictures during the mid-day lunch break, freshmen Brooke Burtsell, Kris Greggersen, and Vicki Jenkins eagerly trade wallet size pictures with each other.

After a lot of hard work and preparation, David Fusco turns on the sound effects for his friends who are acting out a short story presentation.

Joey Grosso
Rena Gunnerson

Shalesh Gupta
Randy Hacker
Debbie Hagerty
Erik Halbig
Tim Hamdorf
Donna Hardin

Patty Harding
Shahana Hassan
David Hastie
Kelli Hawkins
Darlene Hawks
Tina Haycox

Donna Hays
Doug Hein
Julie Heincy
Shanna Hemmings
Scott Henderson
Julie Herbert

Mike Hernandez
Elise Herning
Ray Herring
Carolyn Hess
Eric Hildebrand
Scott Hoffman

Karen Holstein
Judy Holzgang
Robert Hood
Scott Hooker
Carrie House
James Howard

Off by himself in his wood shop class, **Sam Boa** works with careful precision on a project he is finishing.

Michelle Sayers is happy to have a friend point out a mistake she has made on her typing paper. Michelle is glad to be able to improve her work.

Steve Howard
Albert Howe
Christy Howe
John Hrbacek
Erica Huang
Mike Hudson

Darrell Huff
Paul Huff
Danita Humphrey
Rebecca Hutcheson
D'ann Hynd
Glenn Inskeep

Gregg Ives
Gary Iwakoshi
Lori Jack
Lisa Jacobson
Kevin Jeanotte
Brian Jekkals

Vicki Jenkins
Cathy Jenner
Kristen Jensen
Deron Johnson
Diana Johnson
Julie Johnson

Kristen Johnson
Mark Johnston
Jeff Jones
Zach Jones
Ray Jordan
John Jost

Darrin Jury
Lisa Kanasi
Glenn Kaneko
Lisa Kaplan
Robbie Katzaroff
Pat Kearney

After carefully measuring each angle and finding the exact spot, Randy Paine happily drills the final hole in his project.

When asked to read and summarize a chapter in his book, Wayne Bish carefully thinks about the right words to use.

Chris Kefalas
Kristin Kelder
Cari Keleman

Shana Kellman
Scott Kelly
James Ken

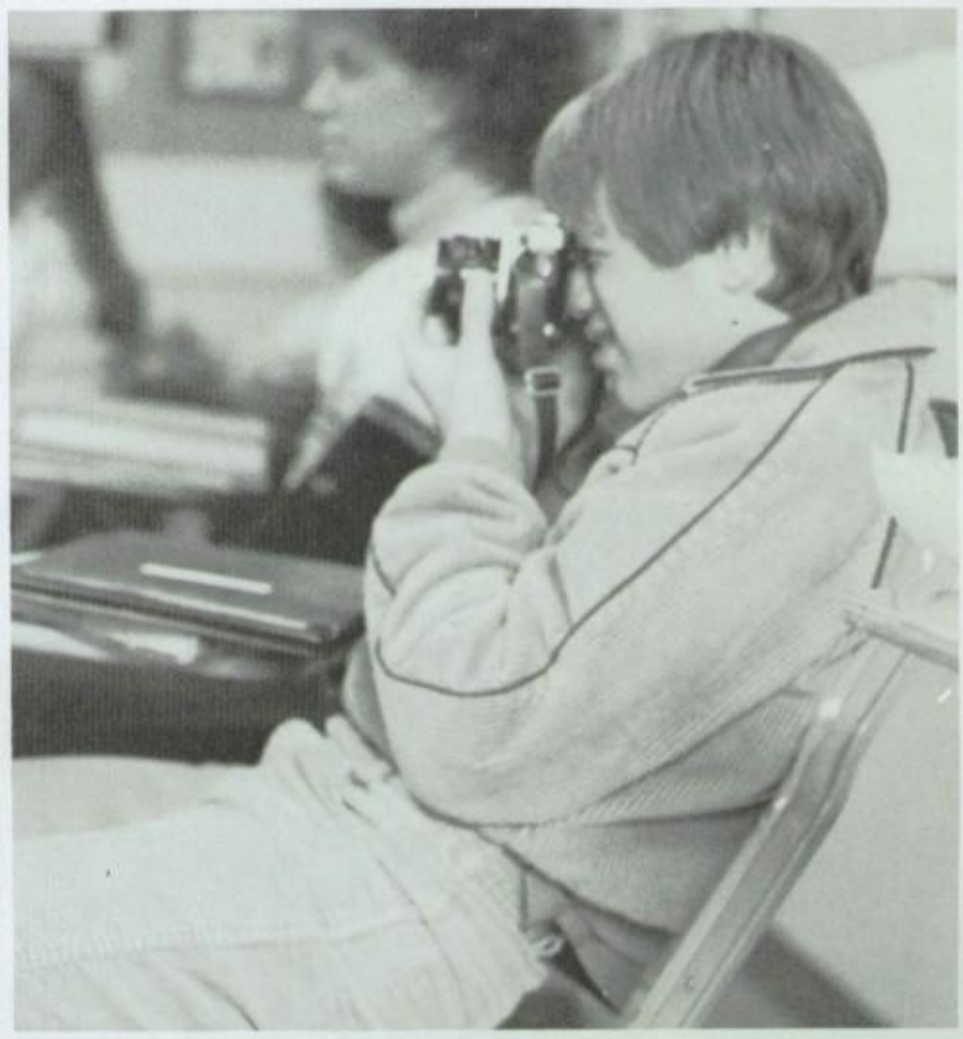
Laurel Kergan
Eric Kerns
Eliot Kiang
Amy Kiikka
Jamie King
Marcia Kingsbury

Robert Knight
Keith Knittle
Scott Kolster
Robert Krasucki
Evan Kunst
Maren Kussler

Tim Lamance
David Lamb
George Lambrakis
Elisa Langsam
Paul Lansky
Tim Larntz

Mike Larsen
Sandra Larson
Devin Last
Kevin Law
Diane Lawrence
Lance LeCompte

Our library is generally the first place students go for references. Leona Lovett is making use of the library's excellent research material.



Photography, a popular elective, is designed to improve a student's artistic abilities and creativity. A photography student focuses his camera on a subject for his next project.

Taking advantage of all that the school has to offer, **Brooks Peters** and **Steve Mucciaro** find that their studying gets done much faster in the peace and quiet of the school library.

Jerry Le Doux

Janet Lee

Bob Leff
Becky Lefley
Marc Legros
Ann Leonard
Michele Levitt
Kam Lewis

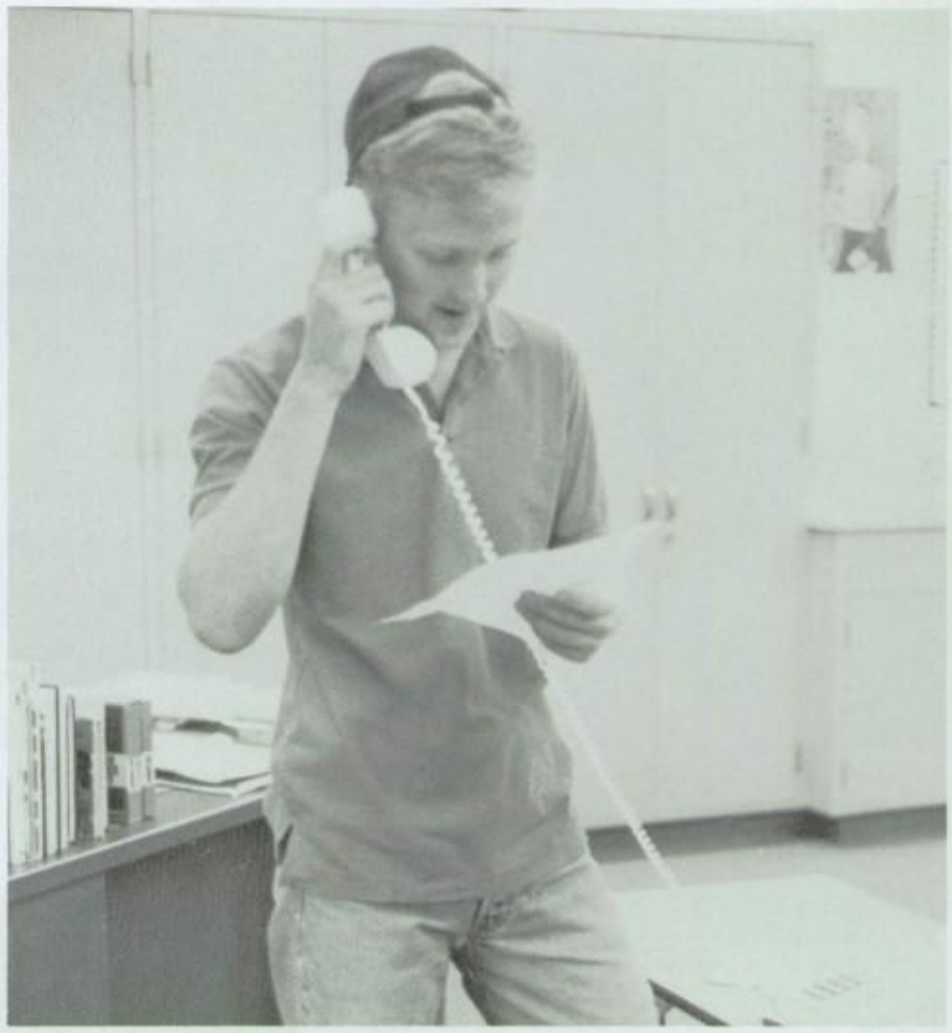
Karen Lewis
William Libby
Jana Lifshin
Geoff Lindell
Patricia Lindsey
Lara Listavich

Gary Loe
Sherry Long
William Lussier
Susan Lynsky
Greg Lyons
Michelle Lytch

Joe Machnik
Marisa Macris
Curtis Maddox
Karyn Maestas
Mark Magana
Mike Maggard

Thida Mahasucon
Meri Malohn
Steve Mansfield
Nick Marrick
Janine Martin
Kim Martin

Robby Gordon, Jim Devlin and Ken Jenot work diligently on their class assignments. They find that the quiet of the Media Center is helpful in studying.



Mike Asher's mother has always said that he was born with a phone attached to his ear, but she never thought he would go and take it to school with him.

Missy Martin
Christy Martinez
Mike Martinis
Jan Maulhardt
Debbie Mayo
Mary McCartney

Joe McDonald
Patti McGlathery
Debra McIntyre
Chris McKernan
Ken McNamara
Joni McPharlin

Emilio Medrano
Eric Mellencamp
Renee Menard
Mike Menear
David Messinger
Dave Metzger

Sheri Millar
Kim Mirsaltani
Brian Molles
Wendy Montierth
Mike Moore
Michelle Morford

The weight room helps many students develop strength needed for sports. **Scott Steinberger** uses his time doing weightlifting curls on the Universal gym equipment.

The teacher's guidance is vitally important to students who need proper instructions for typing reports and letters. Listening attentively, **David Fusco** learns of necessary details.

Cindy Morin
Eddie Moss

Steve Mucciaro
Jimmy Muehlstedt
Missy Munsterman
Kenny Murai
Karen Murray
Katii Murray

Stephanie Murray
Tara Murray
Diane Myers
Naomi Nafarrete
Debbie Namm
Derrick Napoles

Robert Napoles
Carmine Napolitano
Carla Newlin
Cheri Nichols
Tom Nockold
Kent Nordstrom

Tim O'Donnell
Sheri Ohlrich
Tommy Olszewski
Dan Orme
Wendy Orr
Veronica Orrick

Martha Ortiz
Phil Ottone
Jeff Overstreet
Randolph Paine
Aaron Palagruti
Linda Palmer

Carolyn Zerwik day dreams of the weekend that has just passed and has a hard time concentrating on the work spread out before her.

Working hard to finish their English assignments Joe Corrales and desk partner James Smith concentrate on their papers, giving them a final once-over before turning them in.

Jeannie Park
Tina Pastor
Todd Paulos
Kathi Pearson
Jeannie Pekelny
Kathleen Pellegrino

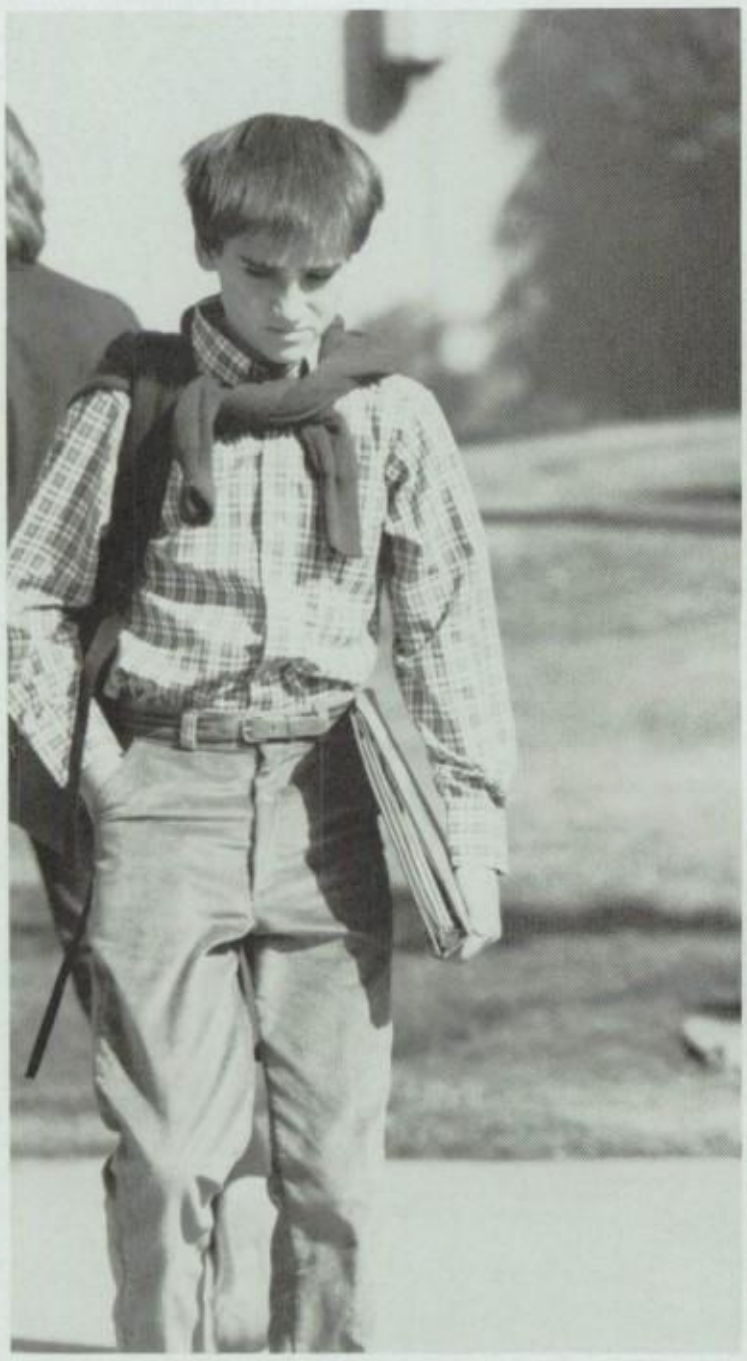
Brooks Peters
Al Peterson
Rhonda Peterson
Tim Pettigrew
Jennifer Phillips
Michael Pilatos

Kristin Pipal
Cathy Poe
Tommy Poe
Shannon Polacek
Stephen Porras
Kathy Pound

Rick Powers
Andrew Proglio
Suzann Pray
Jon Prussel
Stephanie Pszyk
Angie Puhl

Scott Raber
Mike Rahban
Nena Rathke
Debra Rattner
Brad Rawls
James Reich

Ronald Reid
Brenda Reidy
Larry Reinking
Andrew Remnet
Willie Rendelman
Brian Reno



After lunch is over, David Lamb walks to his next class reviewing in his mind the information he needs for a test.

After finishing his typing assignment, Don Bolin raises his hand to ask the teacher for a book to correct his answers.

Dina Reyes
Greg Reynolds
Robert Rhyu

Oscar Ribadeneira
Angie Rime
Robin Risling

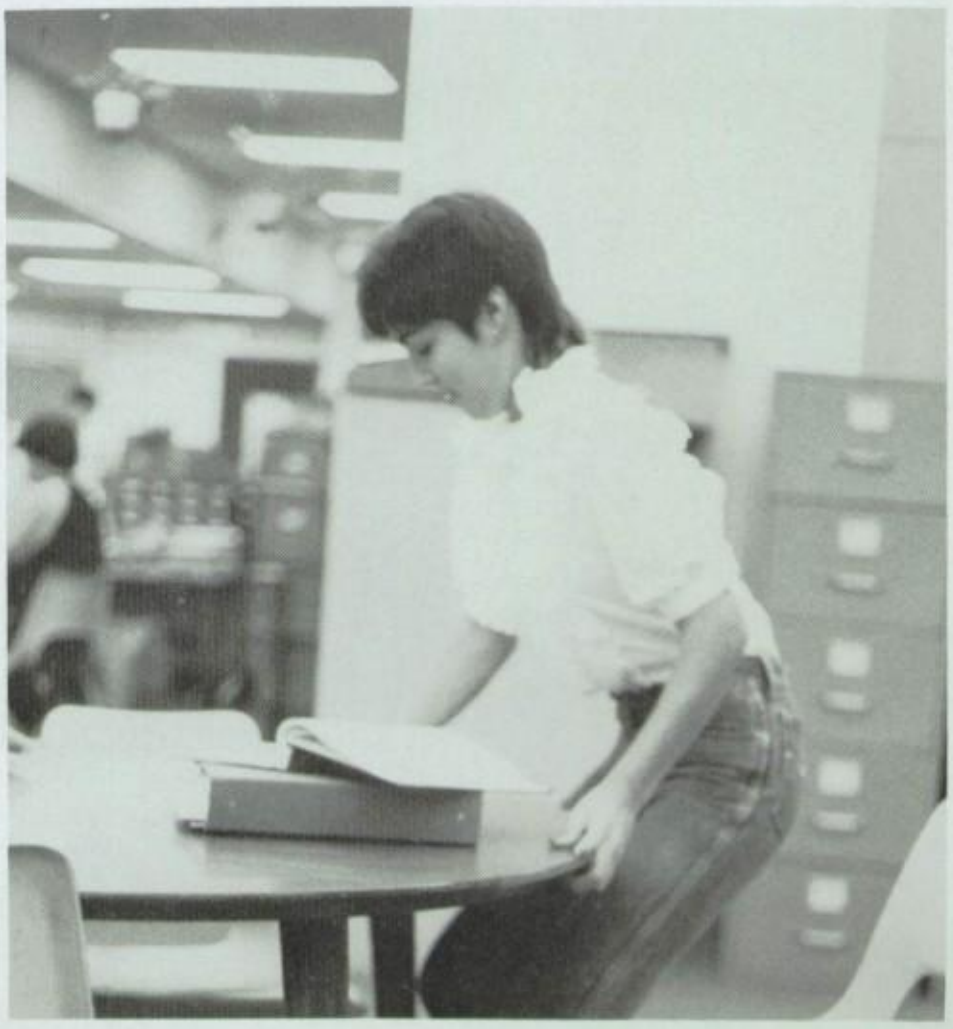
Edward Roche
Rachelle Rodriguez
Kevin Roe
Richard Rollins
Sandi Romero
Carla Rosenfeld

Kevin Rothery
Hillary Routt
Sam Rudolph
Tom Sanders
Kurt Sava
Michelle Sayers

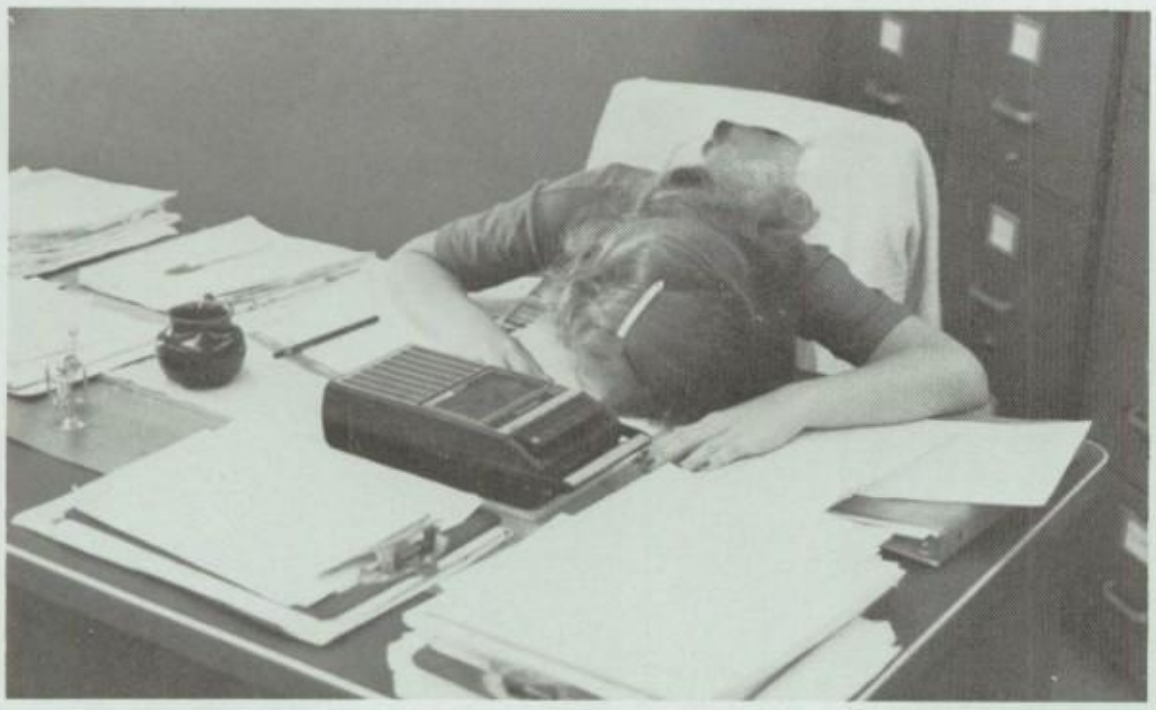
Andrew Scheiner
Greg Schenk
Kristi Schmitt
Stacy Schuck
Wendy Schwantes
Shareen Scott

Shelley Scott
Brad Seligman
William Shackleford
Sheri Shadrick
Robert Shanaberger
Stacey Shanberg

Before school begins, freshmen **Eddie Roche** and **Rene Menard** meet in the library to discuss their homework assignment for their history class.



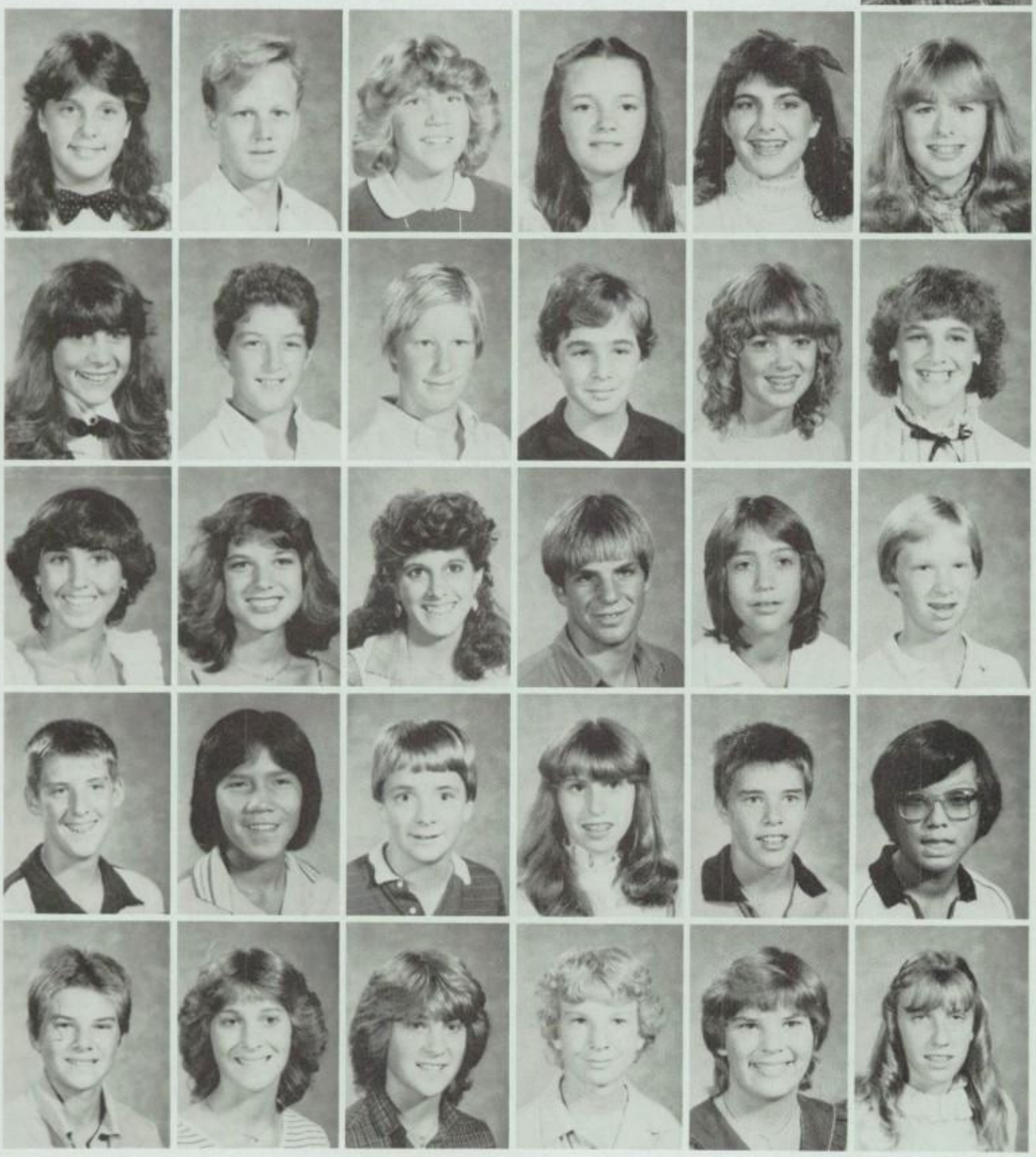
While in the library preparing her term paper, **Ann-Marie Caudillo** gets up to go check the files to see if she can find some more useful information.



In freshman English students wrote stories with their own ideas. After her group created an original short story about a murder, **Missy Munsterman** shows her acting talent as she protrays the murdered victim.

Carole Shane

Carolee Sheets



Kelley Shifflett
Jason Shook
Donna Shugart
Kathryn Sickel
Dana Siegel
Cathy Siler

Stacey Simonds
John Simundza
Barry Sinclair
Joel Singer
Julietta Sipprelle
Darilyn Sisemore

Debbie Sittler
Kris Skeber
Opala Slavin
Bill Smith
Brian Smith
Darren Smith

Frank Smith
James Smith
Kevin Smith
Leigh Smith
J.T. Snow
David Sohn

Doug Sparkes
Kathy Spiegel
Kristy Spiegel
Adam Spizer
Janan Springer
Tania Stahl

P.E., a required course for the ninth grade class, gives this freshmen the opportunity to use the weight room's complicated equipment.

Computer class teaches students to program modern computers to their advantage. Freshman Stacey Shanberg quickly tries to finish her assigment before the bell rings and everyone leaves.

Heidi Stauch
Scott Steinberger
Ann Sterling
Tracy Sternin
Tina Stevens
David Stewart

Eric St.Martin
Kenny Stockwell
Michele Stoll
Tracy Stowell
Debbie Straub
Benoit Stryckman

Lance Stumpf
Lori Sullinger
Gillian Sullivan
Jeff Sullivan
Kristi Sullivan
Mike Summers

Steve Swagel
Julie Swanson
T.J. Sylvia
Athanasia Syrengelas
Konstantino Syrengelas
Tam Ta

After finishing her classroom assignment, freshmen **Suszanne Bragg** passes her work to her neighbor so it can be corrected and then turned in for a grade.

Walking around campus isn't much fun by yourself, so **Inger Jensen** and friend **Rachel Baird** walk together to class. While they walk they catch each other up on the latest gossip.

Yoko Takebe
Michael Tamares
Brian Teter
Chris Theodore
Debbie Theriault
Sabrina Thomas
Sonia Thomas
Sabrina Tifrit
Todd Tischler
Mike Torquato
Marc Trachtman
Robert Trice
Traci Trombino
Gina Turi

Corina VanLeer
Chris Vesper
Brian Vester
Brenda Voorting
Dana Wadleigh
Robert Walker

have to see Paul for a whole summer hope you have fun during the summer hope to see you at the beach Kelly Rieg

Qwen, I've only known you for a short time but in that time I've found out what a nice person you are. Unfortunately you met Paul. Just think we want

Leigh Wallin
Grace Wang
Nancy Wang
Jill Warino
Paula Wasikowski
Diane Watson

Jim Weber
Matthew Webster
Joel Weiss
Mike Wellington
Nicole Welsh
Scott Welsh

The weight room is equipped with many exercise machines. Knowing that P.E. will seen be over, **Jimmy Chou** puts forth all of his energy, hoping to accomplish his goal.

While on their way to their next class, freshmen **Michelle Sayers** and **Jason Shook** quickly discuss their English homework assignment from the night before.

Kim Wenk
Noreen Wenjen
Natalie Wenz
Jason Warner
Michael Wheeler
Joy Whitney

Debbie Wieseler
Geannie Wiggins
Stacey Wilford
Aaron Wilkes
Jeff Willis
Mary Wilson

Peter Wilson
Katht Woitovich
Lawrence Wolf
Mark Wolfe
Malcolm Womack

Melanie Wood
Cathy Woods
Stuart Yeh
Craig Yockey
Carolyn Zerwick
Jason Zommick

After leaving the freshmen class meeting, **Shahana Hassan** looks around for a perspective buyer interested in purchasing a box of Hot Tamales that she's selling for her class.

Some shirts have a mind of their own, displaying favorite sayings, pictures, cars, and advertisements for businesses. Freshman **Sheri Millar** wears her favorite slogan.

The library is where many students spend their free time, especially when it's cold outside. **Michelle Morford** and **Kathy Pierson** mix business with pleasure, doing homework and visiting.

Taking advantage of the peace and quiet of the library, **Carole Shane** quickly finishes her homework assignment for her next class before lunch is over.

Spanish teacher, Mrs. Graciela Tynning, has made learning a foreign language easy.

Sharron Flynn explains to her class that writing compositions is not difficult if you listen carefully to instructions.

Jeff Hayward stands in front of the ASB window talking to Julie Crumpin. He wants to sign up to donate blood for the Red Cross.

Academics

Two very important people, **Mr. Rudy Casturita**, our principal, and **Mr. Tom Anthony**, our assistant principal, have a daily job keeping students in order. Nutritional breaks are also important for staff as well as students.

Within the doors of our library you will find a busy lady, **Mrs. Kathy Foss**. Today she wishes she had a third hand to hold her pencil.

"On Your Own" teacher, **Mr. Bob Atherton** instructs students how to manage their lives in an orderly way after they're out of school. Balancing bugets is one of the many lectures.

ARTISTIC STUDENTS DESIGN FRIENDSHIPS

Bright colors of artistic design filled the rooms of the Art Department. The talented students who were involved with the Art Department have expressed their skills in various projects dealing with ceramics, paintings, drawings, sketches, silk screening, and jewelry designing. Although students are not required to complete a course dealing with art, future classes will be required to complete two semesters of art for graduation qualifications. This will enable students to discover their artistic abilities. These classes enable artistic bound students to obtain a head start on their careers. Even though the art department deals with high school students, these students have the potential to be professionals and are treated as such. The talents that are gained through these art classes prepare students for many situations which may call for the use of these skills. Art is a part of everyday life and without the classes to get students started, art would not have progressed as much as it has.

Ron Considine
Photography
University of Redlands, MA

Phil Doran
Ceramics
CSULB, BA

A student teacher **Heather Hayes** discusses the artistic potential that **Rick Powers** has in his projects. Many student teachers have quickly befriended our campus.

Sue Woirol instructs her photo class on the use of the camera, and her class must understand the various techniques in order to master photography.

In her jewelry class, Mrs. Woirol shows student **Lily Ansel** the proper way to design and make jewelry that is inexpensive but attractive.

Judy Hemphill
Commercial Art
University of Redlands, MA

Susan Woirol
Art
U.C. Berkeley, BA

Kelly Goldiano and **Ann Reidel** construct paper mache' projects. Many students in art classes made semester projects and competed to see whose was the most creative.

Mr. Ron Considine, the photo teacher, sits in his photography room evaluating his students performance and working out their problems while developing their creative capacity.

Liz Fischer is busy mixing paints for her art project. Liz is enrolled in an art class and she really enjoys painting with different colors.

Robert Schmidt is busy sanding down pieces of metal in his jewelry class. Robert is working on a project that is due next week in class.

WORD PROCESSINGS SKILLS IN DEMAND

The business field has been expanding steadily each year with more and more job openings than ever before. Business classes are useful in almost any field. Business classes are extremely useful to just about anyone and they have, in recent years, been constantly expanding. The Business Department at Los Al offers a wide range of class possibilities. Not only are regular typing classes offered, but several specific types of typing can be learned. Shorthand and accounting are also offered. Students have found that the skills they learn in class help them not only during high school, but also in their future careers. In college, knowing how to type is almost necessary for any class including term papers. A class like cashiering can open up job opportunities in sales and marketing. Since clerical workers, expert in word processing, are in more demand, many students have the opportunity to become proficient in data entry.

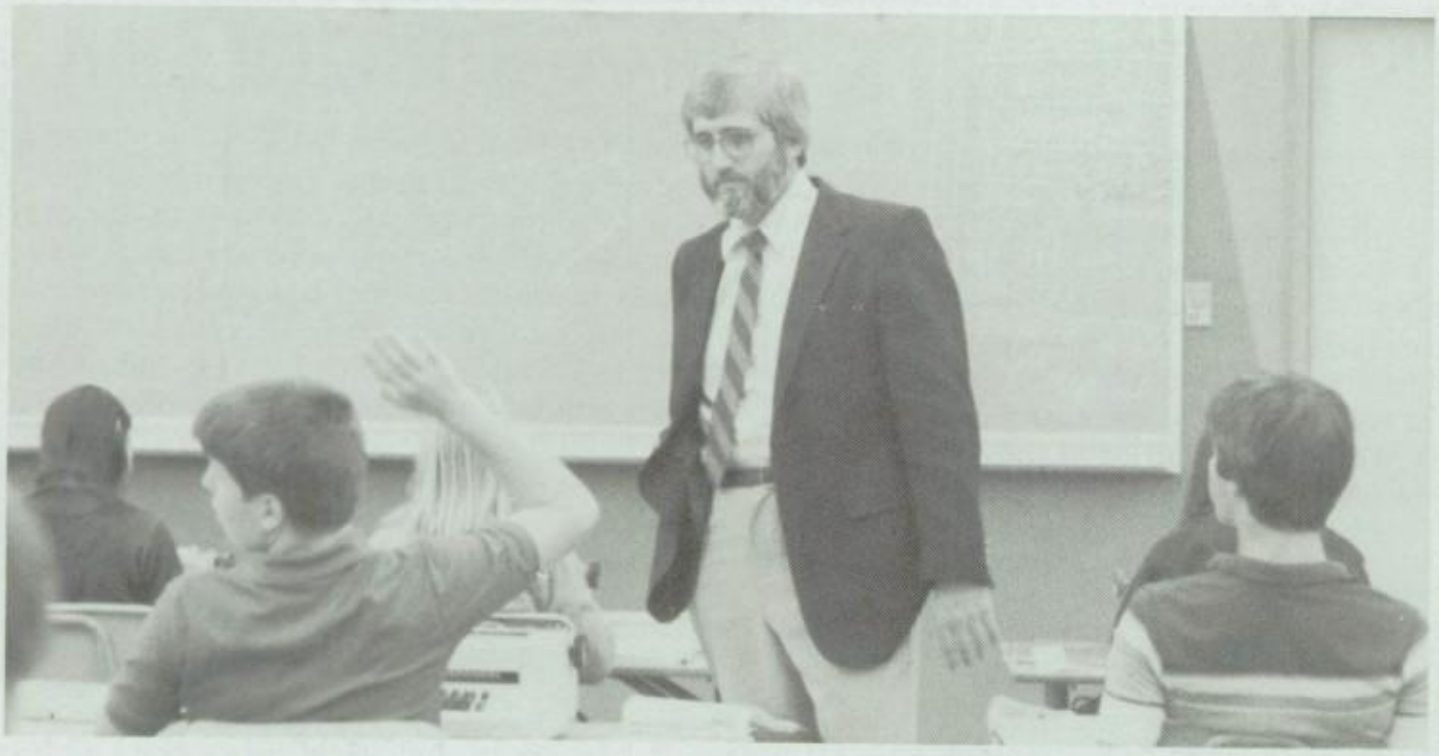
Bob Atherton
On Yor Own, Law, Typing
Chapman College, BA

Jean Dunn
Shorthand, Typing,
Business English
San Diego State
University, BS

Two business teachers, **Mrs. Lewis** and **Mr. Atherton** converse while their classes wait patiently. Mr. Atherton also teaches other classes such as "On Your Own."

Mrs. Grubb points out facts that are written on the board. After her lecture the class will begin their assignments.

Computer Processing student **Gina Meyer** watches her teacher **Miss Smallfield** type at the computer. This computer programming came in handy when Gina was compiling the index for yearbook.



Mr. Atherton walks over to student **Paul Waecter** who raises his hand with a question. Paul seems to be unaware of Mr. Atherton as he is watching a friend at the other end of the classroom.

Barbara Grubb
Typing, Accounting
Bowling Green State Univ., MS

Linda Lewis
Business, English
CSULB, BS

Frances Smallfield
Word Processing,
Accounting
Northern State Teachers
College, BS

Typing teacher **Mr. Atherton**, aids **Cindy McNamara**, who has run into problems.

Mrs. Grubb explains the day's lesson to her accounting class. Right now they are busy discussing the various insurance rates.

With her observant eye scanning the room, **Mrs. Dunn** checks to make sure no one is looking down at their hands while they type. She feels that by keeping their eyes glued to the typing books, and by not watching the paper, students can increase their typing skills.

DEPARTMENT PERFECTS THE CIRRICULUM

The English department has worked hard to upgrade the cirriculum at Los Alamitos. English teachers feel that over the past two years they have developed a basic course of study as well as offering as advanced program for the gifted students. Most feel that this program will be very successful as **Mrs. Jan Kenny** comments, "The new cirriculum is now in place after being developed over the past two years. We are confident that our English students are being prepared in the best way possible for their future."

Although students are required to take eight semesters of English, they have a variety of classes to choose from. All ninth grade students must take the basic skills test. Over the past few years scores have been improving, which is directly related to the new cirriculum. The ninth grade basic skills test has shown that most of our students are above minimum proficiency.

Joyce Bennett
English, Mythology
CSULB, BA

Ann Busenkell
English
CSULB, BA

Bill Daly
Latin, Word Power
Harvard, MA

Merrilee Desatoff
English, Creative Writing
Fresno State University, BA

Martha L. Durham
A.P. English, Creative Writing
CSUF, MA

Mrs. Jan Kenny, English teacher and yearbook advisor, checks copy and pictures in to meet the next deadline.

Diane K. Eastman
English I, II
U.C. Santa Barbara, BA

Mrs. Melinda Sizemore helps senior **Melinda Zommick** with her research paper while **Kevin Giles** and **Doug Lopez** listen. Each student is required to do a term paper for their final grade.

Sharron Marie Flynn
English, Gymnastics
Eastern Washington University, BA

Marsha Gerber
English, Poetry, Creative Writing
CSULB, BA

Allan Gragnano
English
CSULB, MA

Jack Grapes
Resident Poet
Tulane University, MA

Mrs. Kathy Wilson gives her honor's English class a lecture on Shakespeare's peorty.

Mrs. Diane Eastman, a sophomore English teacher, looks over toward the door to catch one of her students coming in late for first period.

John Heitman
English, History
North Iowa University, MA

Jan Kenny
English, Yearbook
CSUF, BA

Mr. Brad Lane helps freshman, **Stephaine Crabtree** proofread her term paper that was assigned to English students. Mr. Lane teaches sophomore and freshman English classes.

Brad Lane
English
Indiana University, MA

Wayne Schroeder
English
CSUF, MS

Pat Seymour
Reading, English
CSULB, BA

Malinda Sizemore
English
CSULB, BA

Kathy Wilson
English, Newspaper
Idaho State University, BA

Mrs. Sharron Flynn looks up with approval after one of her students answers one of the more difficult questions on the short story they just read.

Lori Ohlrich, Gail Becker, and **Michelle Stegman** question **Mr. Bill Daly** on the definition of a word. In his word power class students learn the origin of words.

Poetry class can be fun and interesting as well as creative as **Mrs. Marsha Gerber** finds out after reading one of her student's poems.

After the Spanish Club/German Club soccer game **Mrs. Carol Beck,** a Spanish teacher, and **Mrs. Jill Sequeira,** a French teacher, had a chance to talk with exchange teacher **Karl Waidelich.**

FRIENDSHIPS FOUND IN ALL LANGUAGES

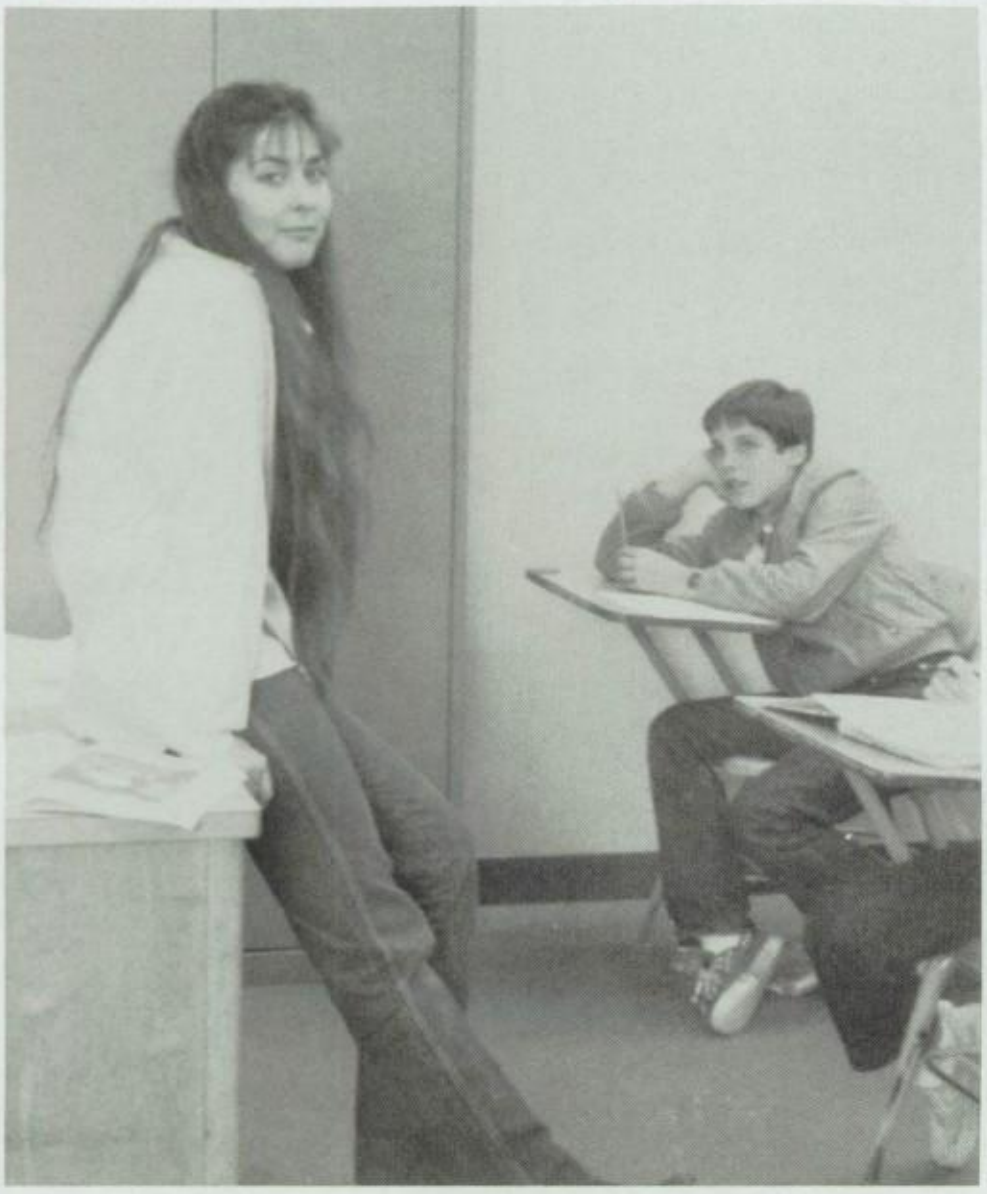
Most high school students take at least one year of a foreign language before they graduate, even though it is not a required subject. Learning a new language is not an easy task. Many hours are spent doing homework and in studying for tests. In the classroom the work ranges from very serious discussions to light-hearted and fun games. The teachers found that students learned many of their vocabulary words while playing such games as Bingo and while singing songs in their foreign language.

Students take a foreign language for many different reasons. "I'm taking my third year of Spanish right now so that I can be sure to be accepted to the college of my choice," said Kim Smith.

Spanish, French, German and Latin are not easy subjects to learn but the students who accept the challenge of learning a new language will never regret it. A language is forever.

Carol Beck
Spanish
Univ. of San Francisco,
M.A.

Along with his English classes **Mr. Daly** lends his teaching talents to the Foreign Language Department by teaching Latin. **Elizabeth Powell** and **Lori Ohlrich** find Mr. Daly always friendly.



Who ever said that people outgrow crushes on teachers? **Pat Kearney** gazes at his teacher, **Miss Sequeira** in total adoration. Miss Sequeira doesn't have trouble getting students to listen.

Murnez Huey
Spanish
Baylor Univ. B.A.

Gil Pectol
German
Cal State Fullerton, B.A.

Carole Roberts
French
U.C. Riverside

Graciela Tynning
Spanish
University of Chile S.A.

VARIOUS HISTORY CLASSES CREATE FUN

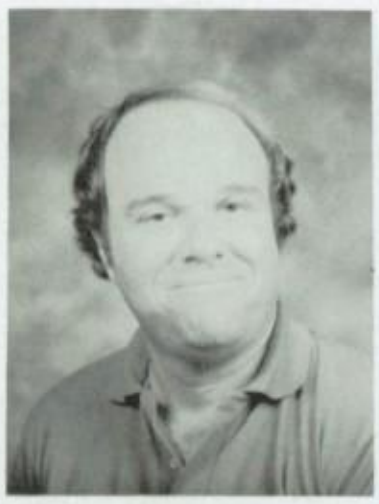
When thinking about history, memorizing names, dates, and places comes to mind. Because students at Los Al are required to earn thirty units (six semesters) of history, many students believe it to be boring, but this is not so. Students now have a variety of classes to choose from to fulfill their graduation requirements. This year's senior class was required to take American Political Tradition Government. They also chose from a wide variety of classes such as psychology, military history, current issues, California history, sociology, law, courts and crime and many others. Juniors and sophomores are also allowed to enroll in most of these classes as well as challenging themselves with advanced placement United States history.

Mr. Walter Hauenstein, who teaches government and A.P.U.S. history, is the chairman of the history department. He has organized the department. All social science teachers created these classes to make the required classes more interesting and much more fun.

Jim Cross
World History, U.S. History
Stanford, BA

Lorraine Gayer
American Political Tradition, Calif. History
CSULB, BA

Walter J. Hauenstein
APUS History, American Political Tradition
CSUF, MS



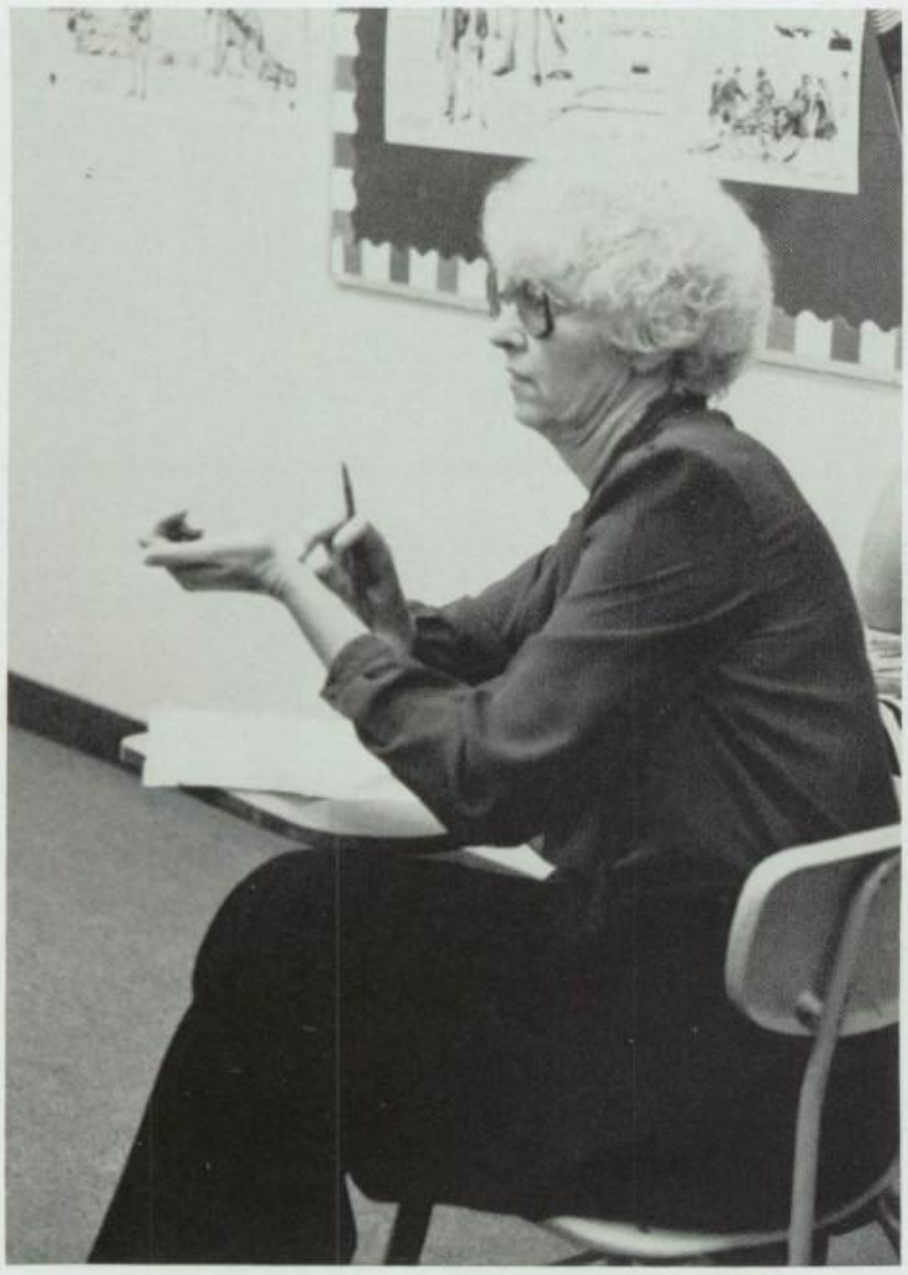
Kevin Loftus
World History
CSULB, BS

Freshman history students get an early start on planning their future from Mrs. Lovins.

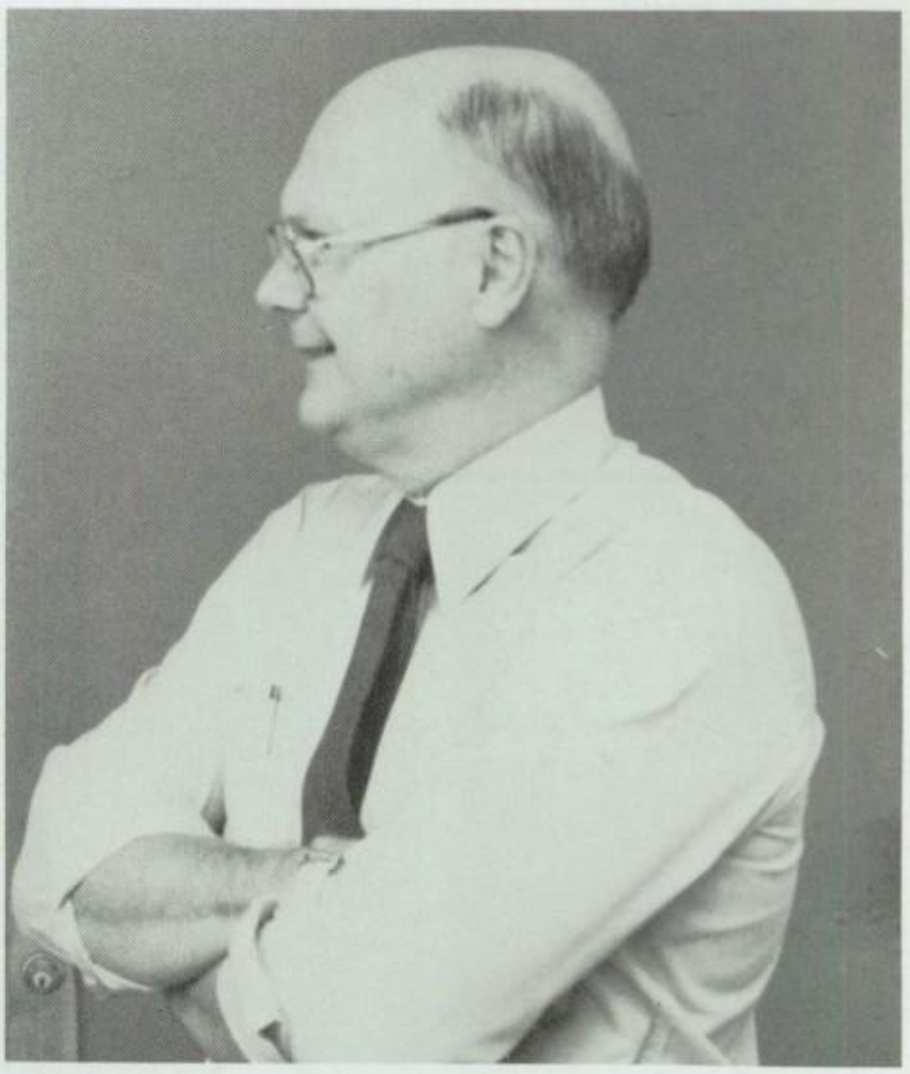
Mrs. Pam Steeby gives a lecture about the Supreme Court to her government class.

Frank Petrick
American Political Tradition, Current Issues
CSULB, MA

Julie Green asks Mr. Jim Cross his opinion about a research paper she just completed. Mr. Cross often helps his students with other classes as well as history.



Mrs. Pat Ramsburg listens to one of her student's oral sociology report, something each student is required to do. In sociology students learn about human relations.



Mr. Walter Hauenstein looks in amazement at one of his students who is dressed up to imitate him during Spirit Week.

Mr. Frank Petrick listens carefully to the guest speaker, astronaut **James Irwin**. Mr. Irwin came to Los Al to talk to the student body about his adventures.

Pat Ramsburg
APUS, Sociology, Psychology
University of Colorado, MA

Jim Shelton
U.S. History
CSULB, BA

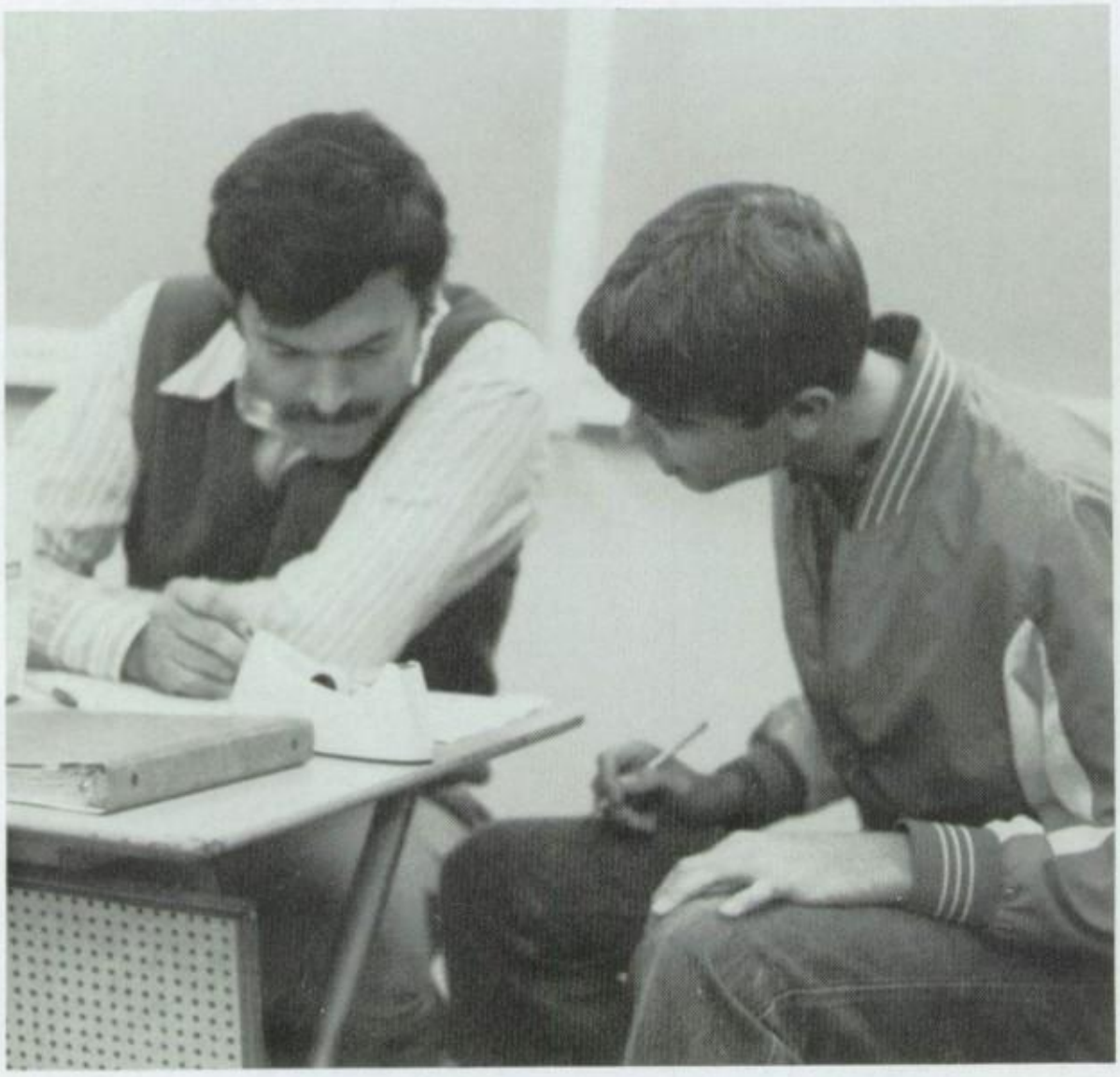
Pamela A. Steeby
American Political Tradition, Psychology
CSULB, BA

Bob Wilkoff
European History, U.S.History
Colorado University, MA

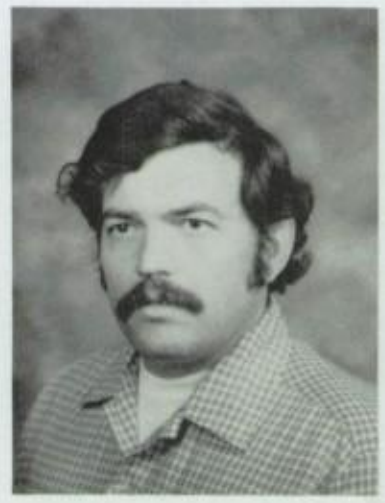
COMPUTER TECHS APPLY MATH SKILLS

While only four semesters of math is required to graduate, a new class has rapidly gained popularity with Los Al students - Computers. This class is new to the Los Al campus and students are quickly fulfilling the only two requirements, Algebra I and typing, to enroll in the new and exciting class. There are fourteen Apple II computers that are used by students and from the very first day of class students are learning to operate them and create programs.

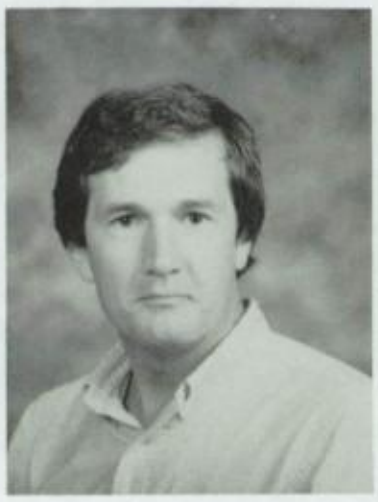
The math teachers at Los Alamitos wrote and received a federal grant to help educate all Los Al teachers in the skills and techniques needed to operate the computers and also teach these skills to the student body. The availibilty of this class will help prepare students for the complex job world which depends heavily on the world of computers.



Gerry Beach shows Rick Needham some difficult math problems and helps him out on his homework assignment. Math Department teachers are willing to stay after school and give extra attention to students who need help.



Gerry Beach
Algebra, Geometry
UC Irvine, MA



Steven P. Brooks
Math, Physical Education
CSULB, BA

Jane Kantor
Trigonometry, Algebra II
Colorado State University, MS

Gene Jaeger
Geometry, Algebra
University of Minnesota, MS

Edward Isaacs
Calculus, Algebra
UC Berkeley, MA

Dorothy Haas
Geometry
University of Arizona, BS

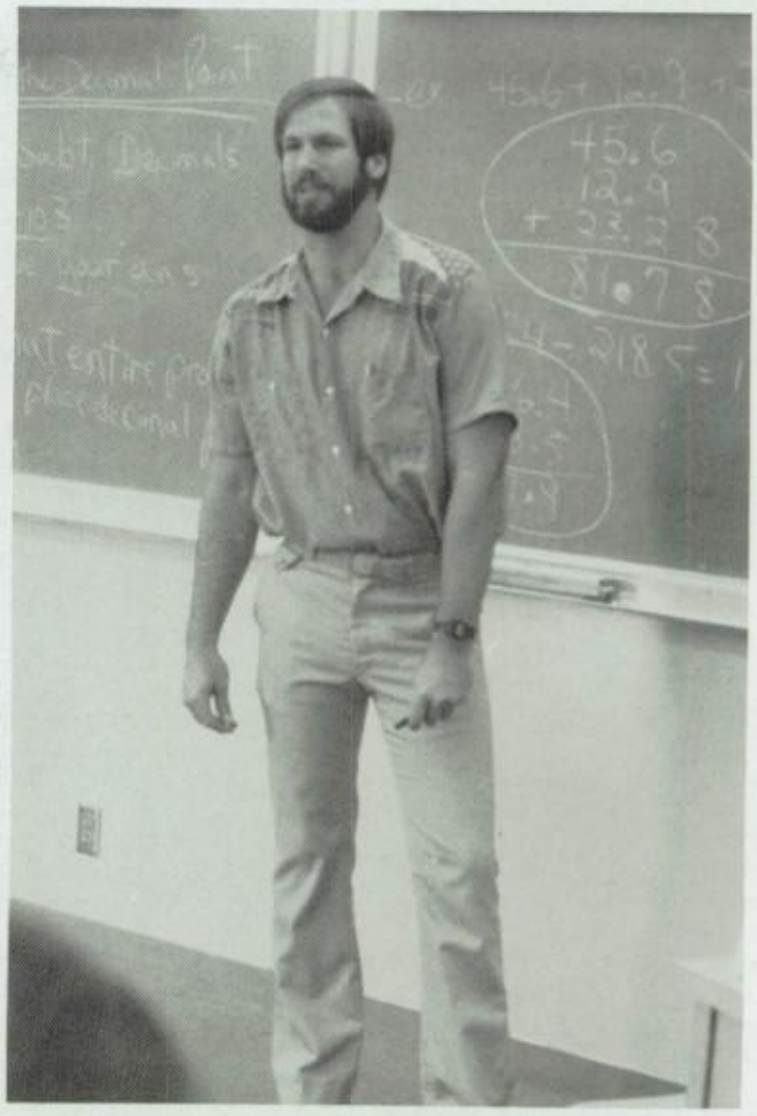
John Leonard
Algebra, Trigonometry
Ohio University, MA

Myra Tracy
Consumer Math, Algebra
U. of S. Mississippi, BS

Terry Turner
Trigonometry, Computers
Florida State University, MS

Sue Willard
Algebra II
CSU Fullerton, BA

Skiing in Utah, Mrs. Tracy takes a short pause before she starts her long trip up the mountain.



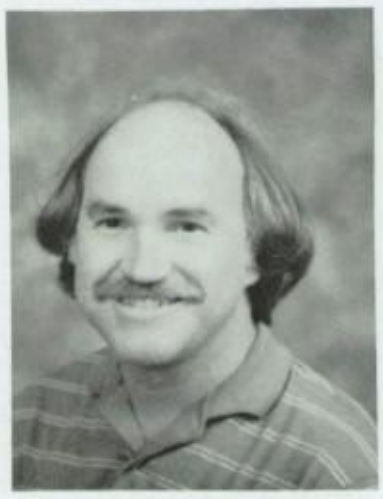
Dennis Ploessel, water polo coach and special ed. math teacher, reviews decimal problems with his students in preparation for the next test.

Mr. Beach is showing a new program to **Lisa Rizer, Nancy Jenner, Kelly Smith,** and **Rick Needham** for use on Los Al's Apple II computers. Many students are taking computer classes as this field is becoming popular.

FINE ARTS HELPS FRIENDSHIPS FLORISH

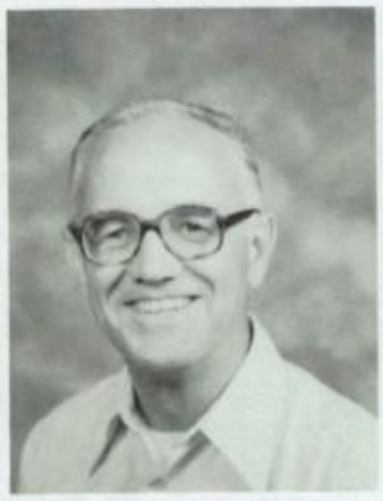
Home Economics has become an increasingly popular department. Almost every girl has taken at least one semester of either sewing or cooking. For those students wishing to go into the fields of Family Development or Education, a class is offered where the students may work firsthand with youngsters. Most of the pupils in the class, both young and high school aged find this an extremely educational experience. Mr. Atherton's class, On Your Own, has helped students act out the roles they will be assuming in later life. These classes instill in their students skills that will be beneficial in later life.

Students planning to enter a vocational career can pursue their interests in Los Al's Industrial Arts Program. Drafting, Welding, Auto Mechanics and Wood Shop, are taught by a dedicated and talented group of teachers. The teachers often put in extra time and effort by being available before and after school. Many of the teachers encourage growth by offering contests among their respective students.



Ken Becker
Woodshop
CSULB, BA

Don Ellis
Drafting, Math
CSULB, BA



Robert Hawley
Electronics, Math
West Point, MSE

Donna Hulen
Home Economics
CSULB, MA

Tom Martinez
Auto
CSULB, MA

Joan Parent
Home Economics
CSULB, MA

Mrs. Parent and nursery assistant **Becky Anderson** watch the antics of their young charges at the Halloween party. According to Becky the party was a great success.

Mr. Ellis, Kelli Goldiano, and Scott Schultz work on a drafting assignment. Scott wears his tux to school on the day before the winter formal.

The Music Department has been busy this year. In preparation for their upcoming trip to Scotland, the Marching Band has put forth much time and effort in practice. Tempted with a chance to perform in the 1984 Olympics, the band redoubled their diligent efforts. The Drama Department has also had an outstanding season as they presented many fine productions to Los Al's student body.

Tom M. Hrbacek
Band, Orchestra, Color Guard
CSULB, BA

Celeste May
Choral Music
CSULB, MA

Aspiring actresses **Katy Habenicht** and **Ann Runolfsson** look over their scripts for the Senior Class Play, **The Odd Couple**. These girls are the only females in the whole play.

Robin Johnson practices on the vibraphone before class starts. Robin is a member of the famous Los Al percussion section.

The cast of the Senior Class play **The Odd Couple** reads through their lines. As the name implies, the Senior Class Play is only performed by seniors.

Judy Trujillo
Drama, Yell/Song/Cheer,
English, Drama
CSULB, MA

P.E. COACHES DOUBLE IN DRIVERS ED

Participation in the school's athletic programs is a favorite pastime and goal of many of our students. All coaches encourage students to remain active during their years because athletics also counts for P.E. credit. Four semesters of physical education are required to graduate and various sports are offered besides the structured programs designed for freshmen. These include tennis, basketball, soccer, and swimming during first semester, and wrestling, softball, volleyball, and weightlifting the second semester.

Every sophomore is required to take Driver's Education and Training, whether it be first or second semester. Most students are chosen to enter during first semester. Those are people whose birthdays fall between the summer months and January. Students do classroom work either the first of second quarter of the semester, changing over to the lab with simulators and on the road driving.

John Barnes
Physical Education
University of Nevada, B.S.

Donna Bohannon
Physical Education
CSUF, M.S.

Steve Bowers
Physical Education
CSULA, M.S.

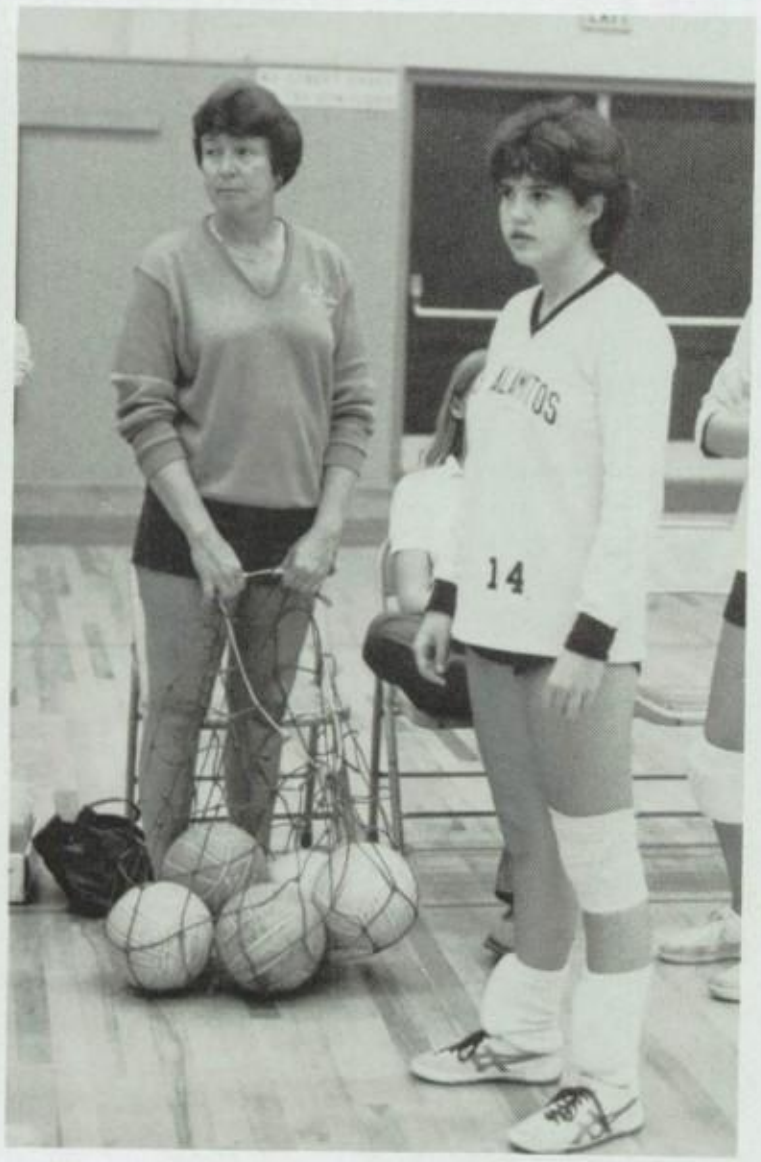
Cary Brody
Physical Education
CSULB, B.A.

Randi Njavro
Physical Education
Azusa, MA

Frank Doretti
Physical Education
University of California,
Berkley, B.A.

While watching a JV football game after school, **Mr. Lung and Jill Morley** sit and talk about the fun and excitement of the Driver's Training program.

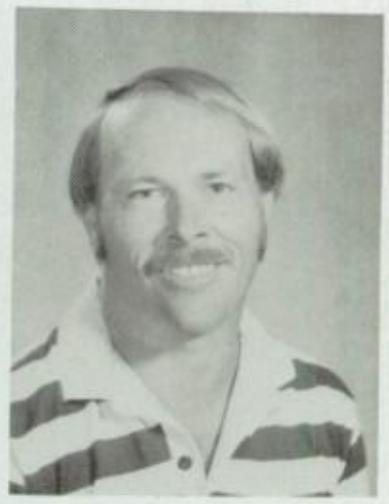
Craig Rodgers gets his co-ed P.E. class together before starting their daily activities. Attendance and roll call are taken before each class.



After their volleyball practice, **Ms. Bohanon** and **Kim Campanelli** supervise the gathering of volleyballs, something done at the end of each period.

Coach Brody explains to his PE class that athletics are important to young people and should be taken seriously.

Bill Christie
Drivers' Education
CSULB, M.A.



Gary Dixon
Drivers' Education
Pepperdine University, M.A.

David Chapman and **Trice Barto** put in their hours behind the simulators in the Drivers' Training Program. Simulators are very important and should be taken seriously. You must have good simulator scores to pass the lab phase of Drivers' Education.

Ron Lung
Drivers' Education
CSULB, B.A.

Ron Schwandt
Drivers' Education
CSULB, M.A.

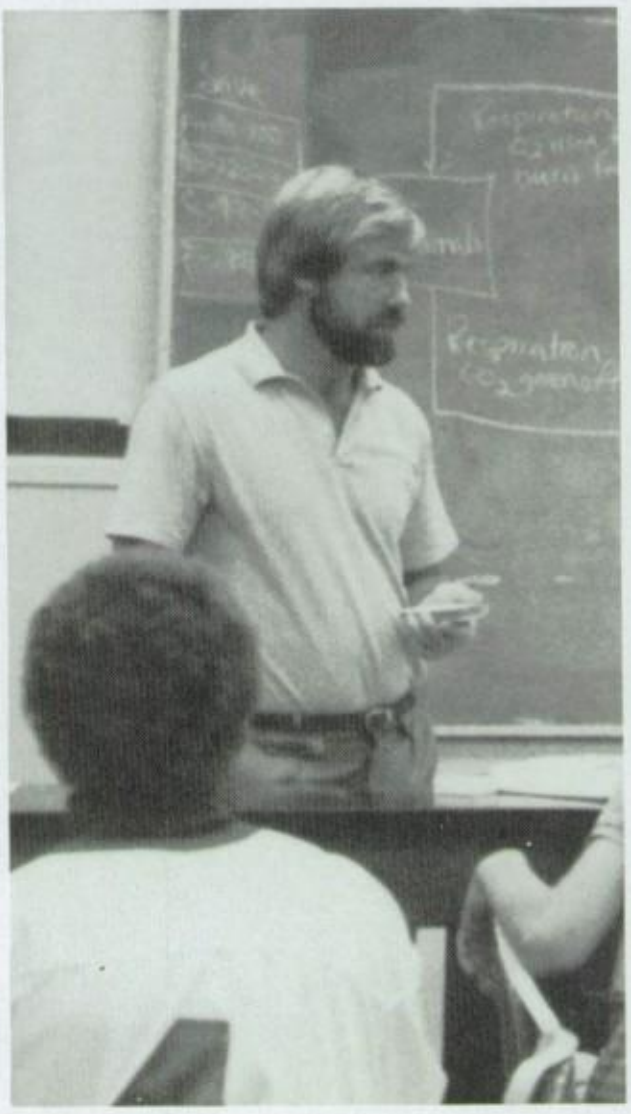
SCIENCE STRESSED BY WORLD OF TODAY

Science is the study of the world around us. Los Al's science department boasts a curriculum of physics, biology, chemistry, and health as well as anatomy and life science. At one time or another each student must take a science elective. The teachers of the science department work together in an effort to promote the greatest amount of scientific knowledge to their students. Many students find the science classes difficult but rewarding.

The first semester of biology is spent learning the terminology and studying plants. In the second semester of biology students dissect various animals in order to better understand the systems of the body.

In physics students study the principles and methods of Galieo, Aristotle, and Tycho Brache. The students do experiments to rest the ideas and theories of the great inventors of history. Chemistry also uses the same methods as physics to study the moleculer form of gases and organic matter.

While working on a difficult lab experiment for chemistry, **Adelle Bish** writes down all the information accumulated from her various observations.



Science teacher **Steve Payne** uses the chalkboard to illustrate the process of photosynthesis to his students.

Al Davenport
Biology
CSULB, BA

Michael Gibson
Health Education
CSULB, MA

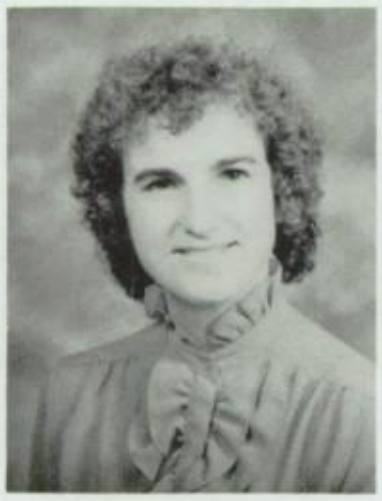
College bound seniors, **Brian Foy** and **Pat Stoll** continue their science education in chemistry. They take part in the class discussions, labs, and other activities.

Carol Holmes
Chemistry, Algebra
University of Washington, MS

Steve Payne
Biology, Life Science

William Schneider
Biology
U.S.C., BA

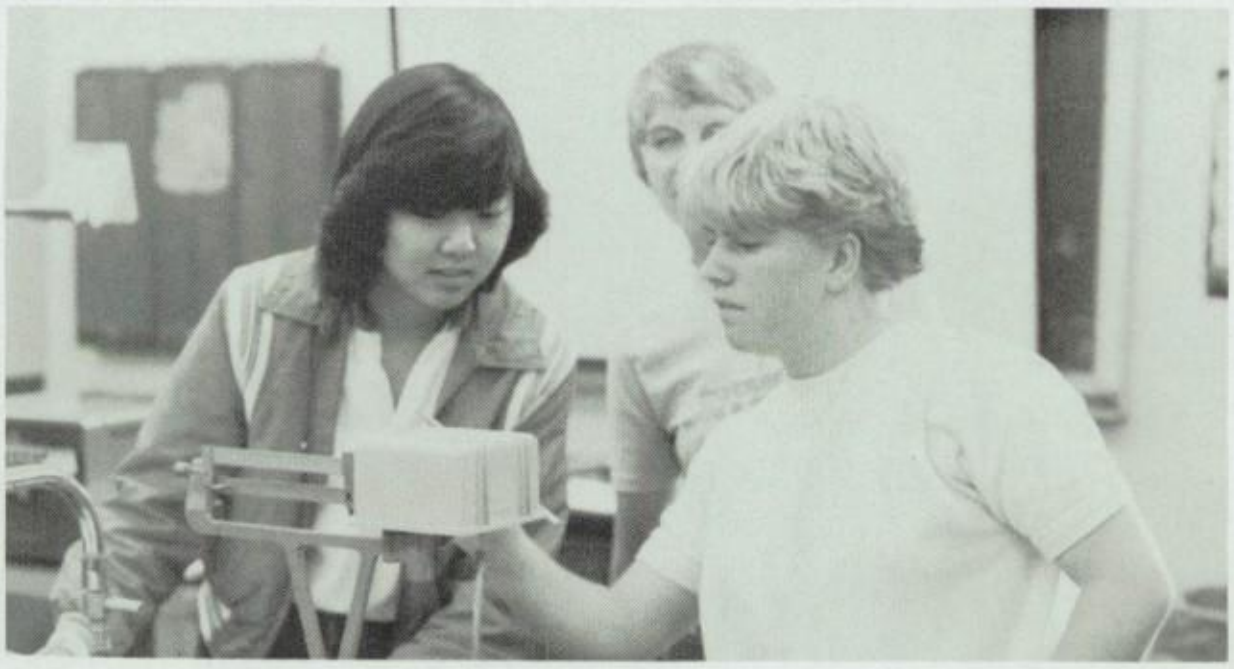
Charles Scott
Physics
Georgia Tech, MA



Jean Sleeper
Biology, A.P. Biology
New Rochelle, MA

James VanGorder
Health, Life Science
University of San Francisco, MA

Mrs. Holmes and **Mark Smura**, in an experiment involving a deeper study of organic molecules, weigh the molecules in the second step of a study involving molecules and their chemical reactions.



Eunice Parks, **Mrs. Holmes** and **Karen Englert** work together on an experiment involving the weight of a mass of a nucleic acid which came from a molecule taken from the embryo of a chicken.

Lecturing to his fifth period Biology class, **Mr. Davenport** discusses the importance of trees in today's society. Trees play an important role in the study of Biology.

RESOURCE LAB AVAILABLE TO STUDENTS

The Special Education department offers a variety of classes where students enrolled in the program may receive small group or individualized instruction in a particular subject. In addition, they have a Resource Lab which is available to participating students for extra help with their regular classes. Their classroom teacher has the option of sending students to the lab during class time for assistance with projects, research, testing or review. The lab is also available before and after school for those students who wish to use it. The Special Education department recently purchased two computers which are located in the Resource Lab. Students received training in the use of computers and participated in using software in programs in math, language arts and social science.

Dolores Kane
Special Education
CSUF, MS

Deborah Parrett
SDL Class
UC Santa Barbara, MA

Mrs. Dolores Kane, a special education teacher, offers assistance to a confused student at the computer. Mrs. Kane is a good example of the thoughtfulness and caring that all the Los Al teachers exhibit.

Dennis Ploessel
Resource Specialist
CSUF, Cal Luthern MA

Corie L. Rose
Speech
University of Redlands, MS

Donn Fisher
Special Education
CSULB, Whittier, MA,MS

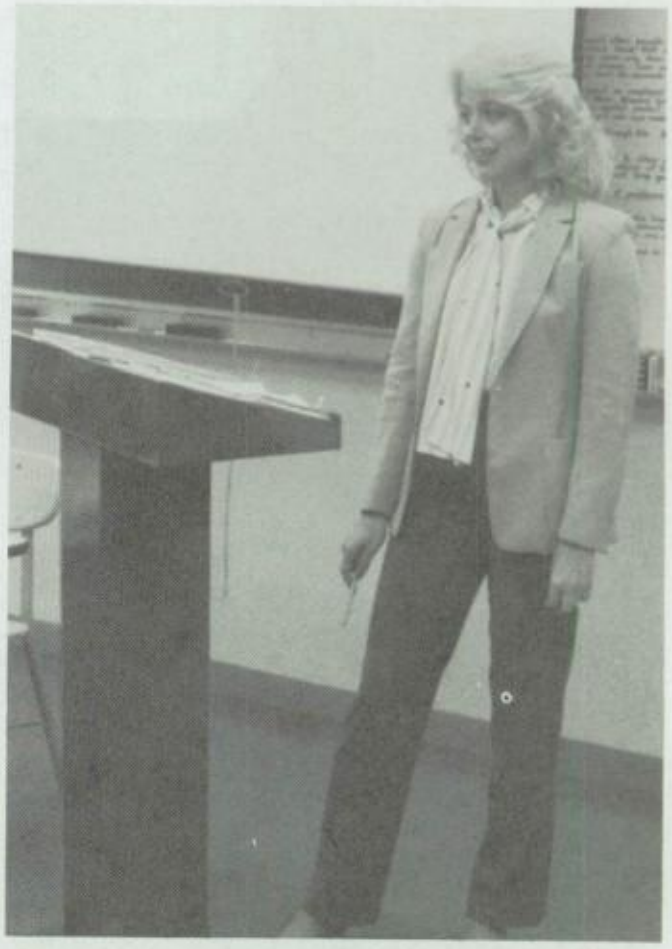
Betty S. Thompson
Resource Specialist
Meredith College, BA

Lynn Kunce
Aide

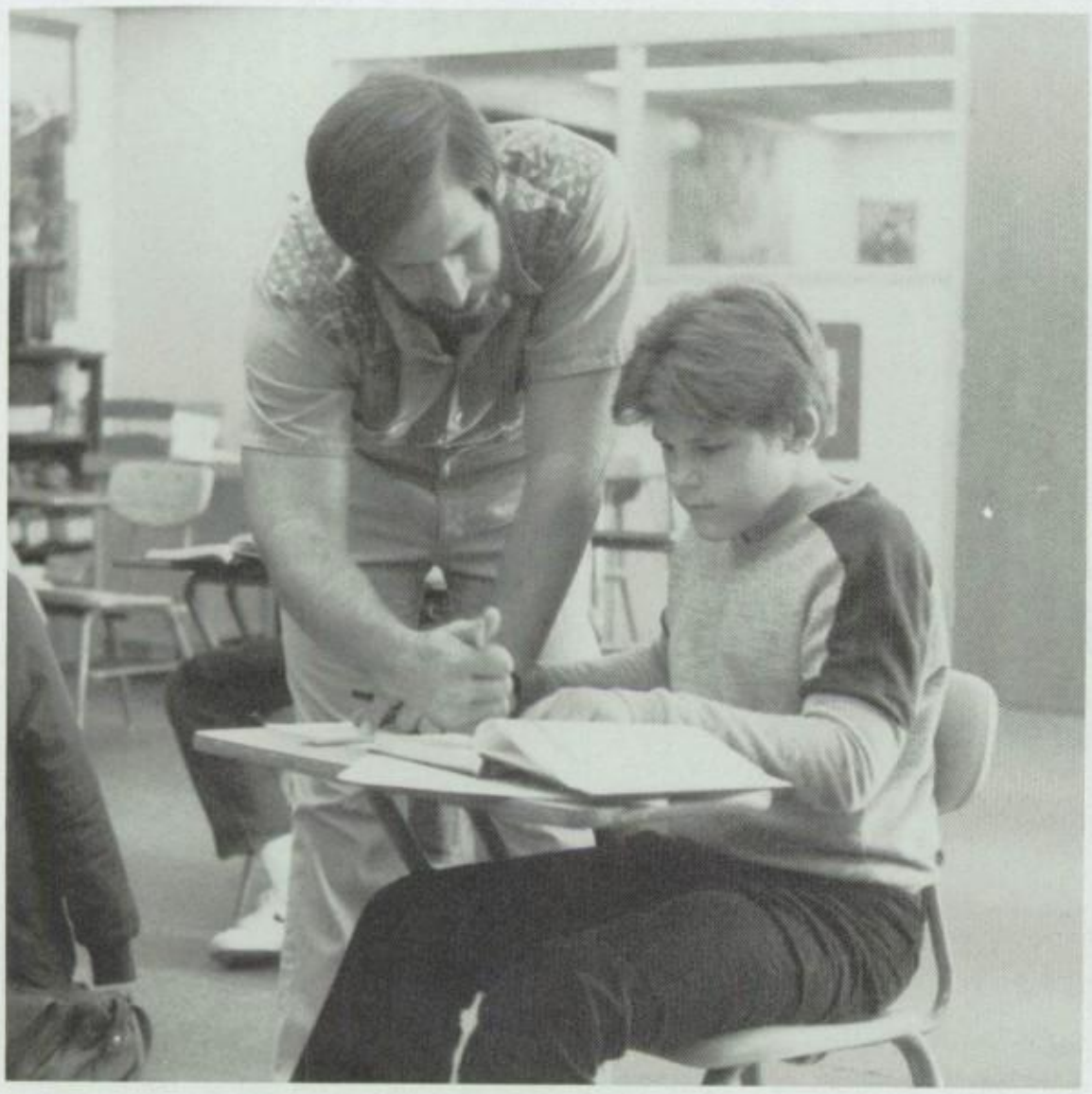
Kay Marriott
Aide

Lorrain May
Aide

Marie West
Aide



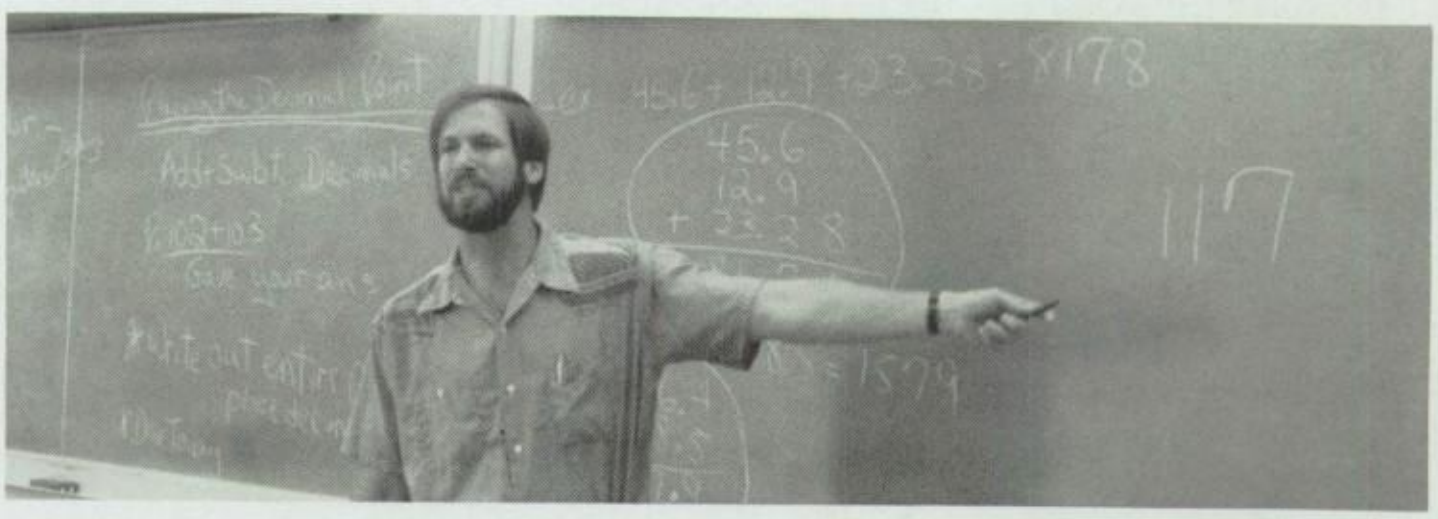
Listening to one of her students offering a original excuse for being late, **Debbie Parrett** just has to smile.



Lending a helping hand to a hard working student, **Dennis Ploessel** points out the answer. Mr. Ploessel is well liked by all of his students because of his willingness to help.

Special Education teacher **Corie Rose** looks up smiling from a report she corrects for a student.

Dr. Bill Uyidi
Special Education
University of Toronto, Ph.D.



Dennis Ploessel asks his math class where to place a decimal point. According to the board the lesson plans for today include not only a short class discussion but also plenty of class work from the book.

PRINCIPALS ACHIEVE THEIR DOCTORATES

Two well-known faces on our administrative staff have achieved new titles, Dr. Rudy Castruita and Dr. Neil McKinnon have attended graduate school at the University of Southern California for the past three years. They attended school during the summer months as well as the night during the regular school year while still maintaining a full work schedule at Los Alamitos. These achievements clearly set an example to the student body to seek a higher education.

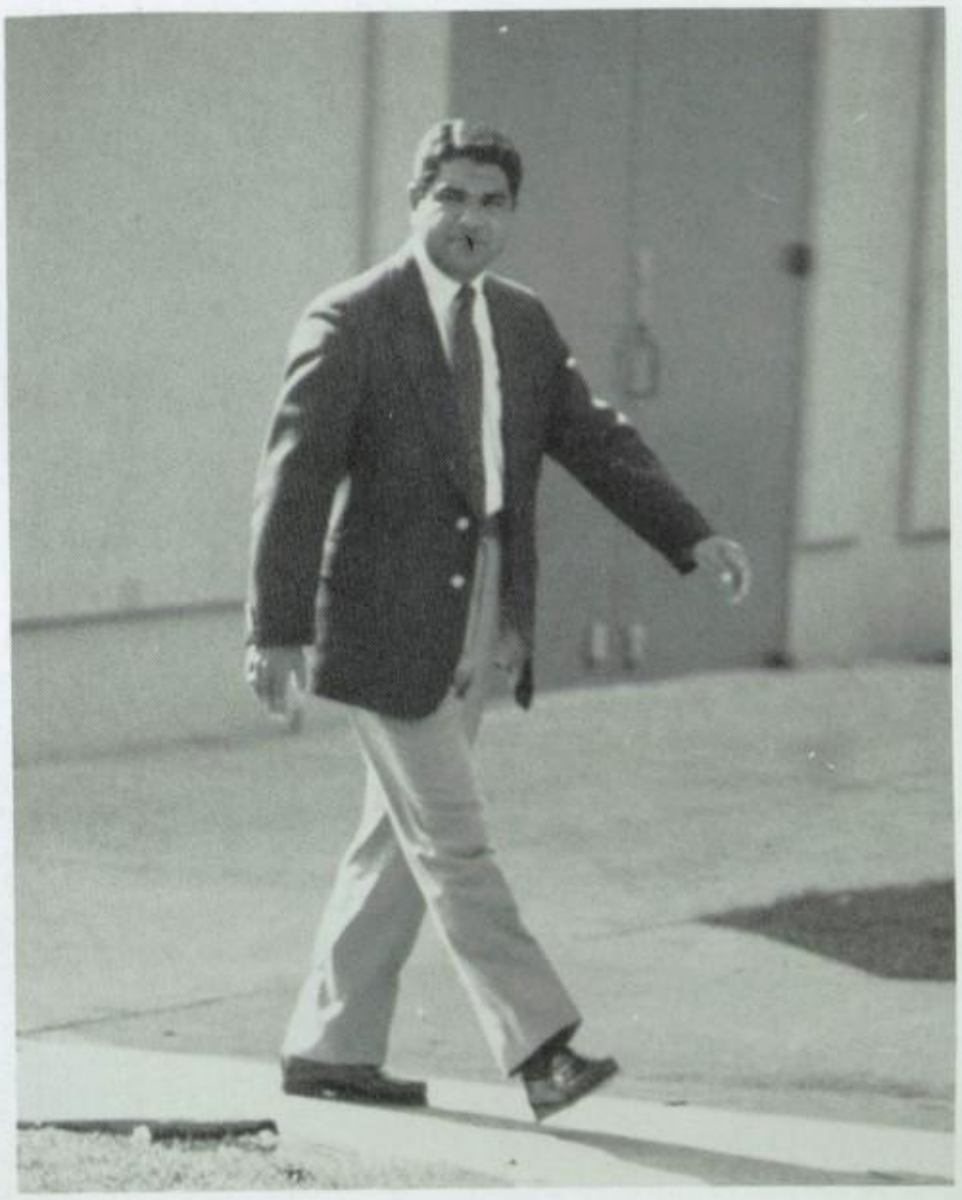
When Dr. Castruita was asked the significance of earning his doctorate degree he said, "The motivation to receive my doctorate degree from USC was three-fold: (1) to complete a dream that I had, (2) to hopefully bring some joy into the lives of my parents, and (3) to set an example for my children; that if you work hard enough at a goal you can achieve it."

Dr. Rudy Castruita escorts Kim Jeanotte down the aisle in the On Your Own marriage. Each student then must take the responsibilities of married life.

Mr. Richard Husbands, the attendance coordinator and counselor Dan Morris contemplate over activities preformed by a group of students. They are trying to decide what they are doing.

Tom Anthony
Assistant Principal
Activities USC, M.A.

Dr. Rudy M. Castruita
Principal
USC, Ph.D.



Dr. Rudy Castruita strolls on campus to one of the classrooms he is going to observe. He often sits in on classes to see how everything is going.

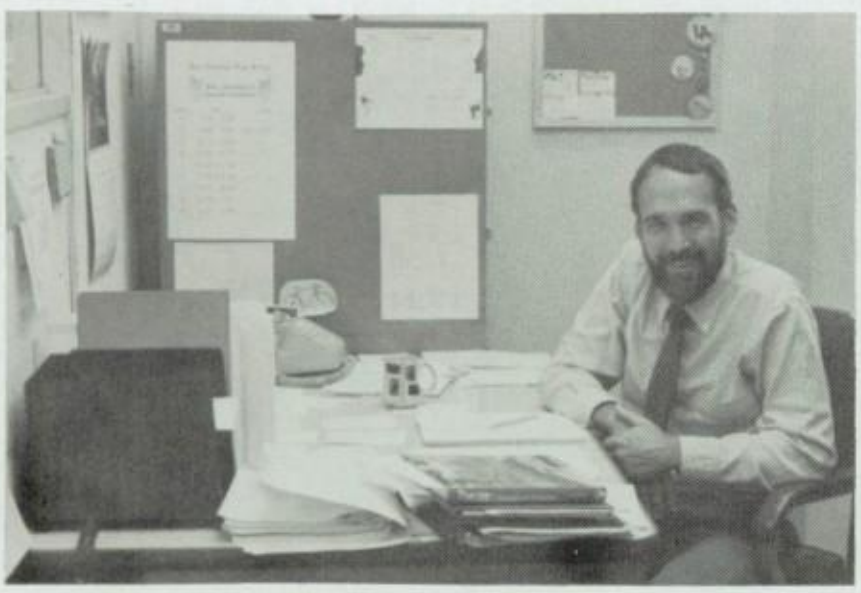
Richard Husband
Dean of Attendance
Whittier College, M.A.

Neil McKinnon
Assistant Principal
Curriculum
USC, Ph.D.

Larry Thompson
Assistant Principal
Counseling
USC, M.A.

Mr. Larry Thompson, vice principal in charge of counseling, spends time to sign documents. He also devotes time to his students who need help with college plans.

Mr. Tom Anthony looks up and smiles after he finally organized this weeks activities. Mr. Anthony is in charge of all student activities from sports to fund raisers.

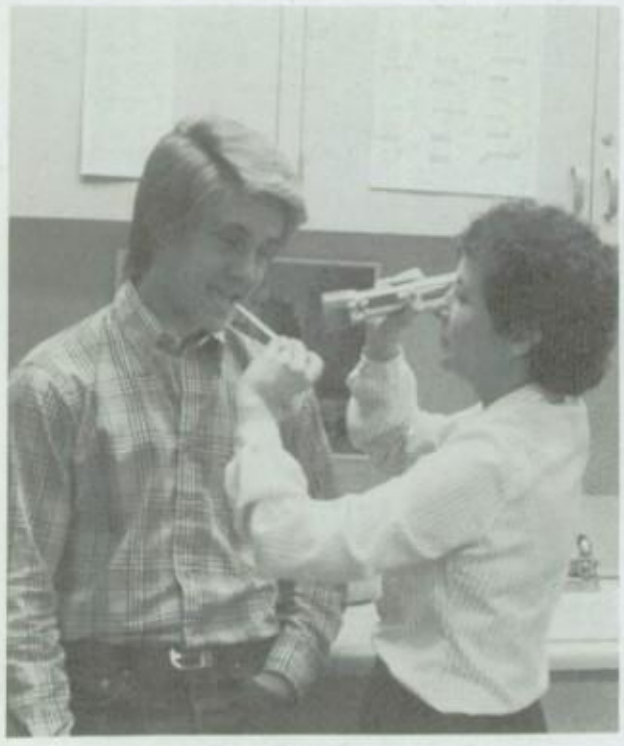


Dr. **Neil McKinnon** takes a break from his busy work load and smiles. He is in charge of organizing the curriculm for the up coming school years.

Dr. Rudy Castruita and **Dr. Neil McKinnon** proudly display the school to a representative from the accreditation team, **Mr. Streshly**, who will accredit our school for the first time.

GRIFFINS ARE GUIDED BY COUNSELORS

Counselors devoted their days to helping seniors with serious career decisions as well as taking care of the underclassmen by guiding them toward their goals, college, and career choice. Each student was assigned to their counselor by their last name and remained with them throughout their four years at Los Alamitos. This idea has worked well because it gives each counselor a chance to individually help each student chose the academic classes that will prepare him for future needs. It also gives the counselors a chance to get to know each student. As **Mrs. Mildred Watson** states, "This enables me to get to know the students, their likes, dislikes, desires, and concerns." Mrs. Watson also commented on the reason she enjoys counseling, "The joy I received from counseling was having the opportunity to work with students on a one-to-one basis." Not only can we learn from our counselors but them from us, "I am able to learn from students, and I treat them the way I want them to treat me—with respect."



Nola Ezell, nurse and personal counselor, takes care of **Mike Kunzweiler** who was complaining of a sore throat.

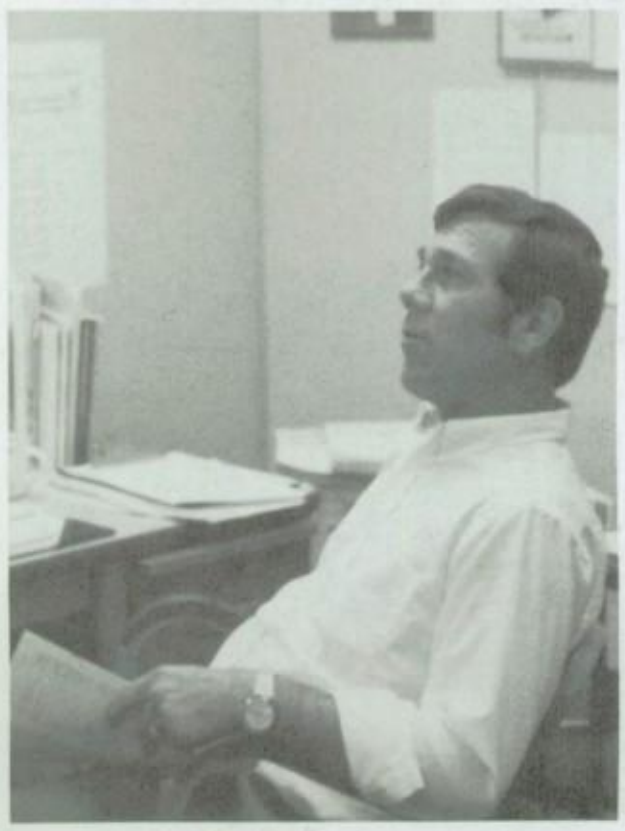
Dale Feber
Counselor
CSULA, MA

Alcene Holzman
Counselor
UCI, MA

Dan Morris
Counselor
CSULA, MA

Taking her work very seriously, **Mrs. Mildred Watson** helps members of the senior class with many career decisions. She also counsels the underclassmen.

Dennis Parmer
Counselor
UCSB, MA



Mr. Dale Ferber leans back in his chair to gather his thoughts before giving advice to a student.

Mildred L. Watson
Counselor
CSUF,MA,MS

Connie Andersen
Health Clerk
Fullerton, AA

Nola Ezell
Nurse
CSULB BS, Nursing

Lois H. Lovins
Career Guidance Specialist
California Poly, BA

Linda Stoskopf
Psychologist
CSULB, MS

Mrs. Alcene Holzman takes a moment of **Cindy Siler's** time to discuss, with a concerned parent, the progress of a student. She also helps Cindy prepare for college by guiding her in classes for the next semester.

After counseling students during the morning hours, **Mr. Dennis Palmer** starts to get up to take a break.

Mr. Dan Morris and **Danny Fry** discuss the summer school program. Mr. Morris calls in each of his students to help them with their future plans.

OFFICE MANAGERS ASSIST PRINCIPALS

Los Alamitos High School would not be able to exist on the scale it does without the secretaries. These women are the interior nerve center of the school. In the main office, Betty Quinn is kept bust answering any phone calls that come into the school. Most of the seniors know Sharon Martin by sight; She's the one to see if official transcripts are needed. Julie Crumpton, activities secretary, works closely with the students in Congress. Says one ASB member, "Julie is always ready to lend a helping hand. Her school spirit is just fabulous! She even attends the basketball games." Betty Wing-Hartlein is a familiar sight in the counseling office. She's the one to see for ACT and SAT forms and also for those very important call slips to the counselor. Virginia Quaid is in charge of the computer printouts, such as the dreaded report cards, progress reports, and class scheduals.

Records Secretary, Sharon Martin plays and important role in most of the Seniors' academic lives. She is the person to see for transcripts to be sent to the university of your choice.

Secretary Colleen Golden fills in at the switchboard. Her happy attitude is the trademark of the whole secretarial staff.

Taking a phone call in the Career Center, Olga Alvarez discusses the different opportunities offered. Work experience is given school credit.

Lue Adamson

Olga Alvarez

Julie Crumpton

Linda Fiamengo

Colleen Golden

Marge Saffron

Sharon Martin

Virginia Quaid

Betty Quinn

Rose Ripley

Violet Schwabenland

Evelyn Sylvia

Betty Wing-Hartlein

Mrs. Rose Ripley checks off absences against the master absence list. To help with this time consuming task, the year-old computers are pressed into service.

In the Counseling office, Miss Virginia Quaid and her student aide Kathy Coyne re-organize semester schedules. Since this is such a big job, preparation must begin early.

Mrs. Betty Quinn is the first face that is seen when walking into the main office. Her job is very important to the school as she controls the entire district's telephone system.

Principal's Secretary Mrs. Violet Schwabenland spends much of her office time on the phone dealing with the problems Dr. Castruita has to solve.

LIBRARY ADDS NEW COMPUTER CENTER

The library is not only a place for learning and studying, it is also a place for meeting friends and socializing. Since the library opens its doors at 7:30 a.m., the early morning crowd congregates here to keep out of the cold and fog. During classtime however, the Media Center is used for serious study and work. **John Lamason**, a Los Alamitos graduate is now a full-time Media Center technician. He is kept busy running the V.C.R. and other equipment.

Due to the increasing amount of student interest in computers a new addition has been made to the Media Center. Now students can operate their own computers outside of the classroom. Due to the extreme expense involved in the hardware, the atmosphere is tightly controlled. A student must present an I.D. or driver's license. He must have permission and no backpacks are allowed in the room. Most students feel this is a small price to pay for the use of such outstanding facilities.

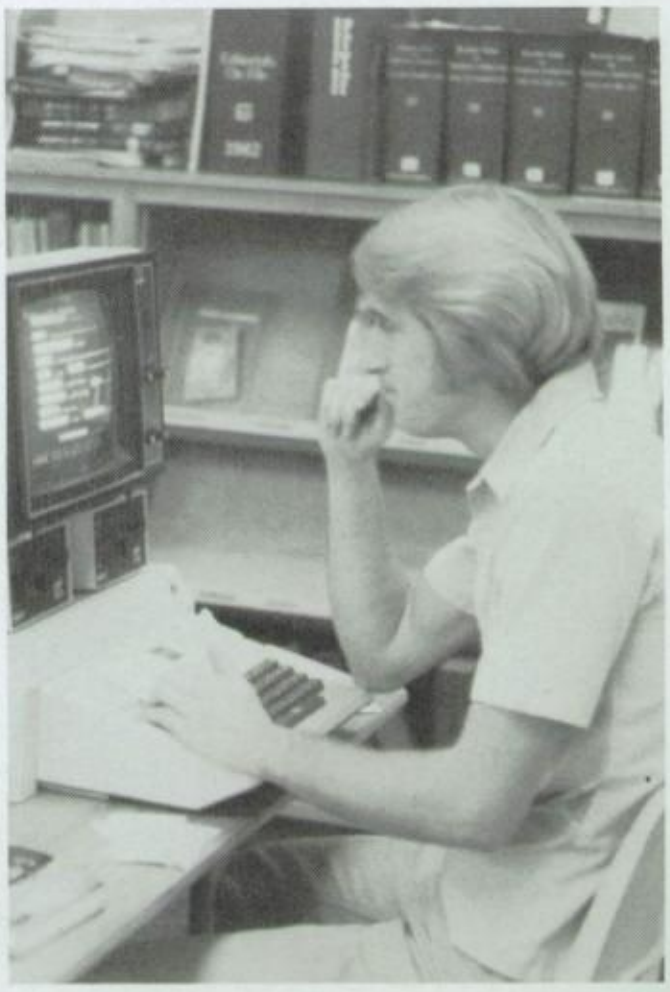
Kathleen Foss
Media Specialist/Librarian
CSULB, Univ. of Southern California, M.S.

Pat Johnson
Media Technician

John Lamason
Media Technician

Being a media technician is hard work that involves many hours spent tracing lost or misplaced books and other media articles. **Mrs. Pat Johnson** confers with librarian **Kathleen Foss** about a missing item.

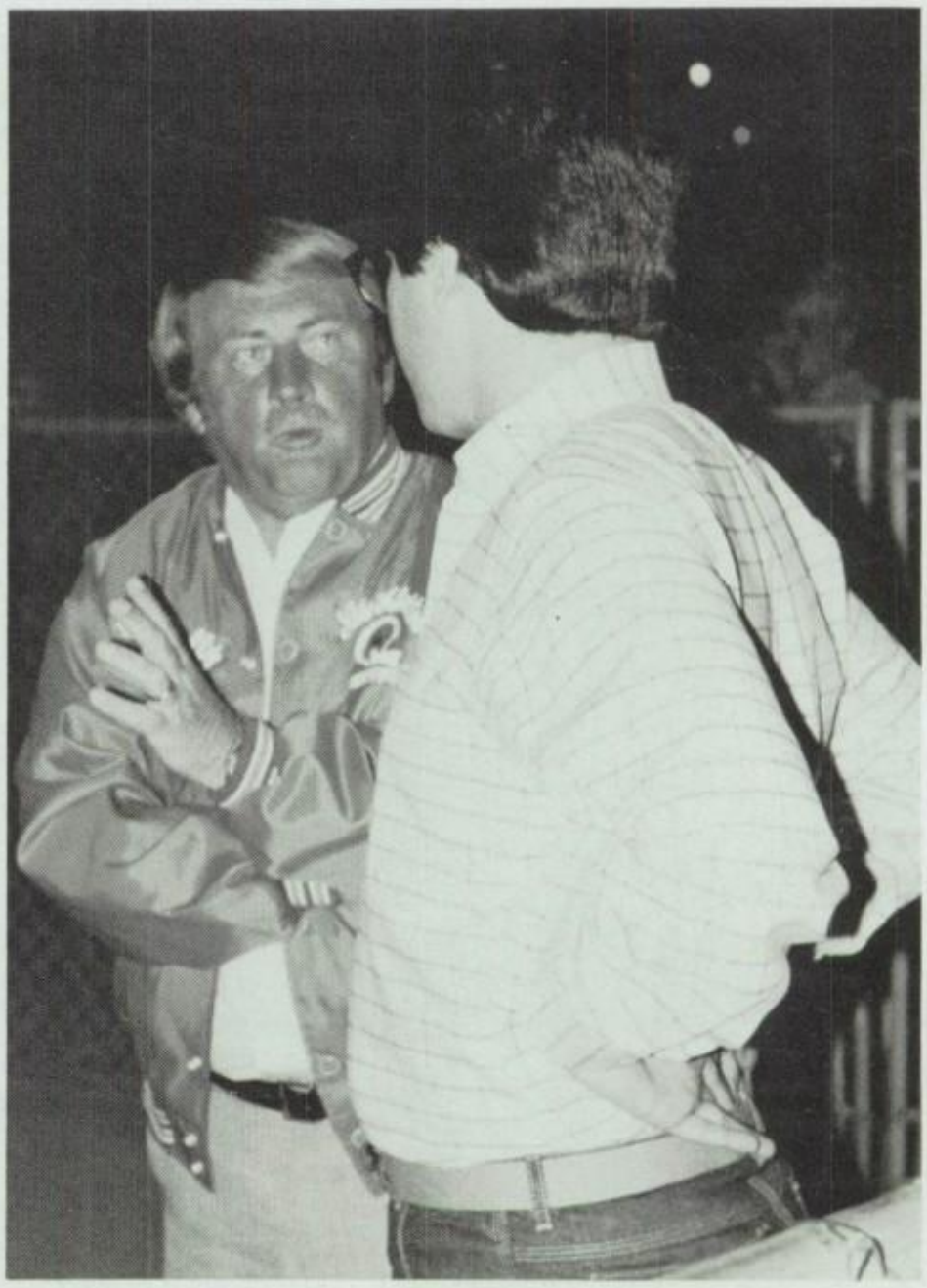
Librarian **Kathleen Foss** spends a moment with a student who needs information from the library. Reference volumes located here help students prepare reports and papers.



Cataloging fine cards is just an other job for former Los Al student **John Lamason**. The computers have made jobs such as this much easier.

In addition, our school board members and the superintendent, **Charles E. McCully** also play an active role in the daily routine at Los Alamitos. One of their recent decisions has been the merger between the Seal Beach and Los Alamitos School Districts. Because Seal Beach residents were concerned about their children attending schools in two different districts, they joined together to intiate unification with Los Alamitos. Both school districts are very pleased with the progress of the program.

Mrs. Lois Lovins, the career guidance counselor, shows an English class the different materials that are offered in the career center.



Mr. Charles McCully, our superintendent, and board member Mark Abrams discuss a call made by the referee at a football game. Both enjoy attending LASH games.

Dawn,
You've been a great
friend.

On January 17, 1983, the Los Alamitos School Board had their first meeting of the new year where they discussed such issues as attendence and school closure. Members of the Board include Nancy Lander, Charles E. McCully, Mark Abrams, Mary Holzgang, Margrit Kendrick, and Virginia F. Wilson.

SUPPORT TEAMS MAKE TEACHING EASIER

Along with Los Al's original teaching staff, there was an addition of six student teachers. Student teachers worked at Los Al to complete their requirements for a degree in teaching. When students first find that they are going to have a student teacher in their class, they are estatic. Supposedly, a student teacher is someone who doesn't "know the ropes"; somebody who won't know what's happening in the classroom. Usually these same students are very surprised when they see the caliber of work their new student teachers have them do. Says one of Miss Pat Long's students, "Miss Long's class is one of my hardest English classes yet."

Another group of dedicated men who make up the Los Al staff are the custodians. These men not only beautify our campus, they also clean the many classrooms every night. The cafeteria workers spend much time and effort in preparing food for the school lunches. Both of these excellent staffs work long hours for the betterment of our school.

Coach Rogers listens sympatheticly to a student who is complaining about a hurt knee. He finds that keeping an open line of communication with his students really helps his job.

Patty Long takes a breather from her job as a student teacher in English. Though she is smiling, she said she was upset at the thought of leaving Los Al.

Art teacher **Heather Hayes** helps students attach their work to the walls. As a student teacher she is only at Los Al for one semester.

English teacher **Pat Cathcart** points out the answer to student **Shannon Montierth**. Shannon says that Miss Cathcart is one of her hardest teachers, even if she is only a student teacher.

Jean La May
Girls' P.E. Aide

Tim Randall
Fieldman

Frank Dorigherty makes the rounds on campus after the day is over.

Don Dusterhoff stops for a break after cleaning the quad area after lunch.

Herman Fischer drives the turf-vac out on the lawn to keep the campus looking good.

Cafeteria worker **Mary Moses** gathers food for a student's lunch.

Hot lunches are provided daily at the cafeteria.

FRIENDSHIPS HOLD FAST TO THE END

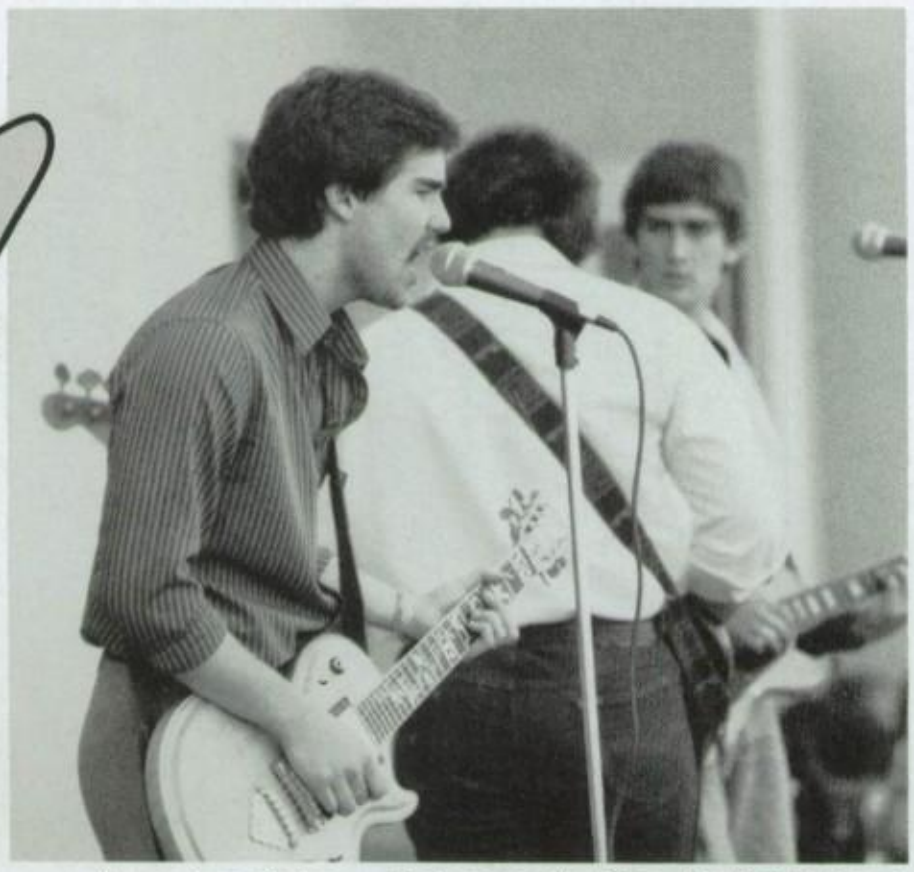
As the year drew to a close, friendships had strengthened and many new ones had been formed. Each will be remembered in its own special way.

Many events happened during the year which kept our spirits and enthusiasm continuous. We shared our feelings of excitement with those we were close to and with those who will never be forgotten. These memories will be with each of us as we grow and change and will always be there to reflect upon.

When newcomers visited our campus, the comment was always made about how close-knit everyone was. Our school prides itself on academics, extra-curricular activities, and friendships. Many did not see that we often learned more from our friends and companions than from a class lecture. Our teachers were more to us than just instructors, they were our friends

Walking to their next classes, **Kim Palmer** and **Kim McAfee** show off their beach wear on the Spirit Week's Beach Day.

Greg Anderson, Lazaro Inguanzo, and **Troy Wallace** display some of the disasterous effects the storms had on our campus. Many trees and power poles were knocked over in the heavy rains and winds.

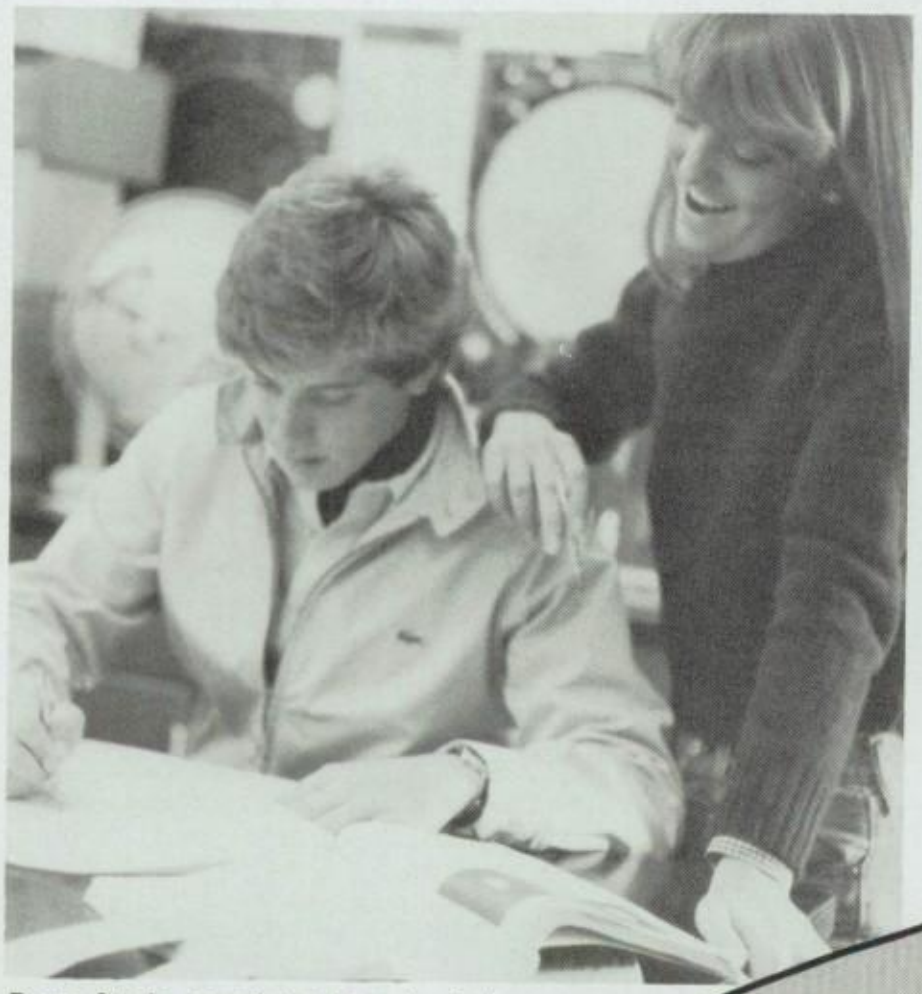


A member of the musical group, No Dice, **Jim Speights** performs for the students' entertainment during lunch. Jim's band performs at many school and community functions.

Adelle Bish, Jim Reis, and **Clay Kussler** check their newly purchased mistletoe.

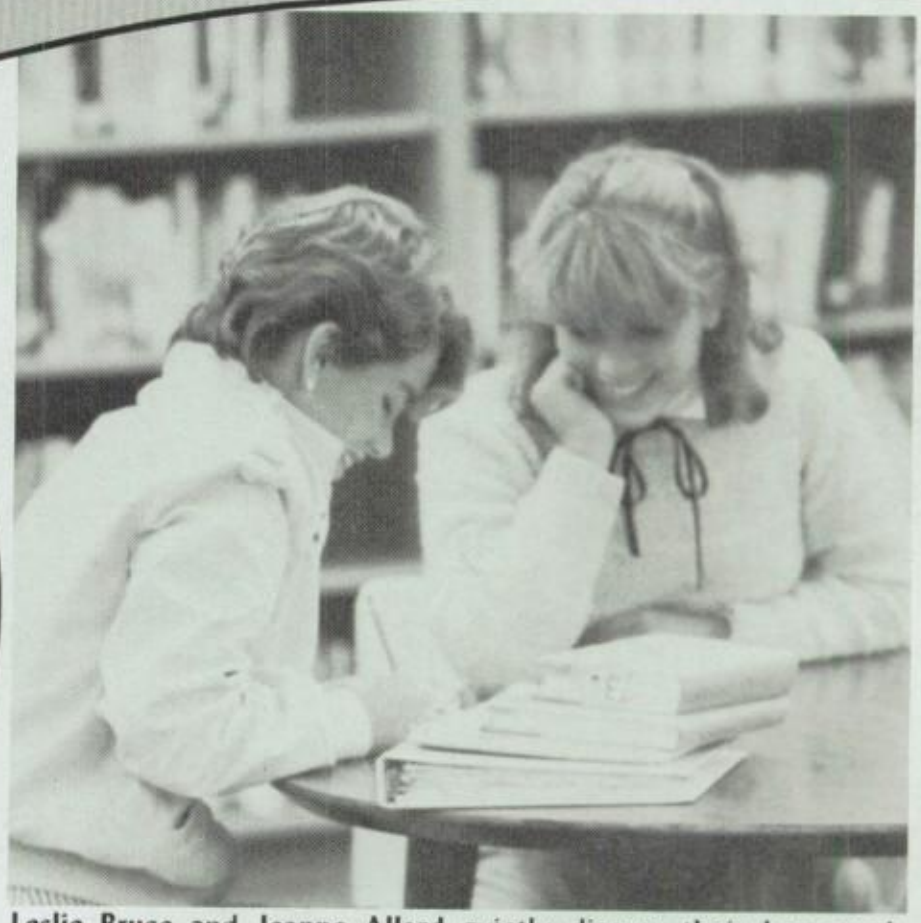
and provided us with advice and conversation. Our schoolmates helped us through our daily conflicts and brought joy and laughter to the often monotonous days. Each of us found a special companion who carried some of our burdens and shared our most joyous moments.

As the years progress, we must strive to reach our dreams but hold fast to reality. We must also take the time to reflect upon the year's friendships and their significance and contributions to our lives and to our alma mater.



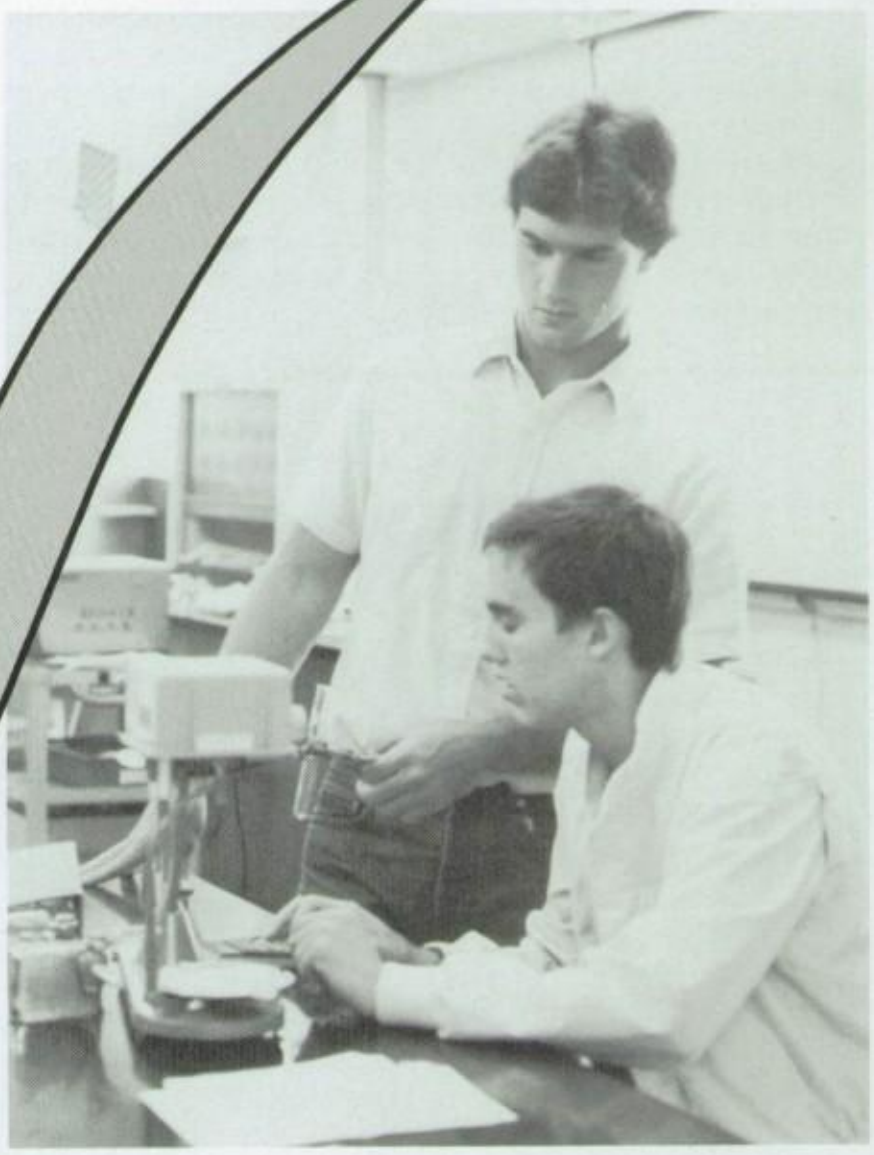
Doug Steele completes his physics' lab while **Verna Wright** gives him some friendly encouragement.

Yvette LaBossiere and **Julie Rubin** discuss their next photography assignment at the end of class. The relaxed atmosphere of the classroom allows them to plan interesting pictures.



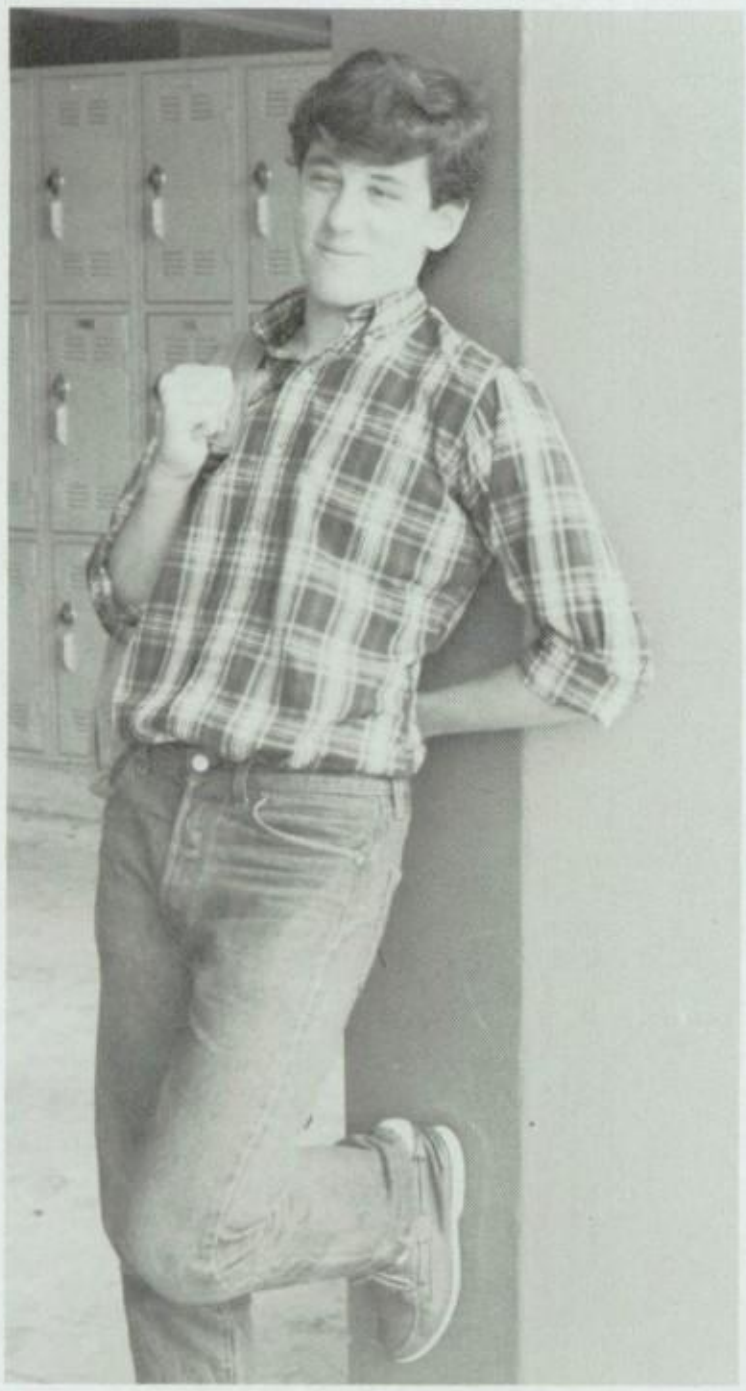
Leslie Bruce and **Jeanne Allard** quietly discuss their homework assignment in the Media Center which provides students with a quiet atmosphere and books on every subject.

In the school Media Center, **Ray Herring** and **Tim Pettigrew** check out books for their reading pleasure.



In chemistry class, **Brian Foy** takes some careful weighing while his lab partner, **Pat Stoll**, checks to make sure that the measurements are accurate.

Doing classwork with a friend can be as informative as it is entertaining. **Dee Dee Ortiz** and **Lori Chapeck** enjoy sharing different ideas on their assignment. Along with fun there is a certain closeness in sharing thoughts.



Just leaning and relaxing against a wall is enough of a break for **Mike Posner** before rushing to his next class.

Carolee Sheets and her close friend **Meri Malohn** glance over the book of periodical listings for use on a history project. In Mr. Cross's class, Utopia becomes a group project.

Robert Brakke tries hard to whisper "sweet nothings" in **Barbara Heller's** ear. **Barbara** doesn't seem to go for that idea.

Two against one is the only fair way to play in a water fight during a car wash fundraiser. **Karen Dingle** and Tracy Miller work together against one of their close buddies.

Dear Gwen,
It's been a
soso year, this one has. I'm
sorry I teased you about
your total cute buttom,
but both me and noah
talked it over and you
win-you have the cutest
Butt so far. I hope I'll
see you next year.
Love
P.S.
Don't go
to any wild Williams
parties and Petersen
call me some-
time 5969229

Suzanne Hoffman. Lisa Morey and **Leigh Johnson** help one another and have fun while they work together on their picture frame projects in their Fashion Techniques class.

Cooperation and steady hands are what makes working with tools easy and much safer, as **Glenn Perryman** and **Albert Chang** realize.

Rene Singer and **Kenny Barton** pause for a friendly hug before going to their next class. Many friends are often seen together between classes.

Katherine Sickle sits with her firend **Lisa Boyle** discussing the rigors of the day. Los Al offers many challenging classes and lunch is a welcome break.

FRIENDSHIP PROVEN THROUGH THE YEAR

Close friendships always seem to form amongst people who work together. Such is the case with our 1983 Cottonwood Staff. The long hours of work paid off in the outcome of a memorable book that will forever preserve our past, capture important moments, and remind us of our friends.

This annual, produced by twenty-five dedicated individuals, had a special theme that was used through the entire volume. The theme of **Binding Friendships** was developed and carried out with the help of a motif: a ribbon, which tied together every person on our campus in everlasting friendships.

Mr. Jeff Rassmussen, our Josten's Publishing Company Representative, assisted with publication information. Each of the 296 pages followed a modular pattern where all copy was kept at the top of the page; the type itself was set at 11 pt. for copy, 9 pt for cutlines, and 30 pt. for headlines in Lydian type style. The cover, grained embossed, initiated the ribbon ideas as the endsheets explained its meaning.

Certain members of our staff deserve special recognition for their time and effort in meeting deadlines. Our thanks and appreciation to those who worked on class sections: **Kendra Blan, Elizabeth Powell, Kathi Lattanzio, Laurie Johnson, Jody Okamoto, Marc Kjornes,** and **Kim Smith**. A special thanks for those who worked on all the other sections: **Heidi Werner, Robert Isbell, Gina Meyer, Lisa Shanaberger, Lori Kidd, Delane Camp, Karen Smith, Sandy McClaren, Roberta Hutcheson, Larry Martin, Vincent Cardiel, Melinda Zommick,** and **Bret Saxon**. Without the help of our photographers, **John Scott, Doug Steele, John Danvers,** and **Steve Stein**, the book would not have scored a success. To help us along in the theme and Artistic Design sections **Tracy Callen** and **Robert Fischer** devoted extra hours and creativity towards the book's completion. Our gratitude goes toward **Miss Frances Smallfield** and **Mrs. Ruth Bray** for their patience and the use of typewriters and wordprocessers.

We would all like to express our sincere appreciation to **Mrs. Jan Kenny**, our advisor, who kept us on our toes and made us meet our deadlines. Without her patience, understanding and organization, we could not have made this yearbook a success.

Maria Vaca
Editor-in-Chief

Lisa Cohen
Assistant Editor

John Danvers, one of the Cottonwood Staff's skilled phtographers, sees something more eyecatching without the camera.

While working on one of the class sections, **Heidi Werner** realizes that more activity is hapening elsewhere.

Sandy McClaren looks to her fellow workers to see if anyone will help her on her section.

Assistant editor, **Lisa Cohen** and Editor, **Maria Vaca**, catch a ride on the ponies at Little Cottonwood Park.

Mike Shakleford hungrily buys a ham sandwich at Los Alamitos' Subway Sandwiches.

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CONGRATULATIONS GRADUATES

Senior, Maria Gonzales puts herself in the hands of Hairport Extraordinaire' for a hair style and manicure to prepare for the Junior/Senior prom.

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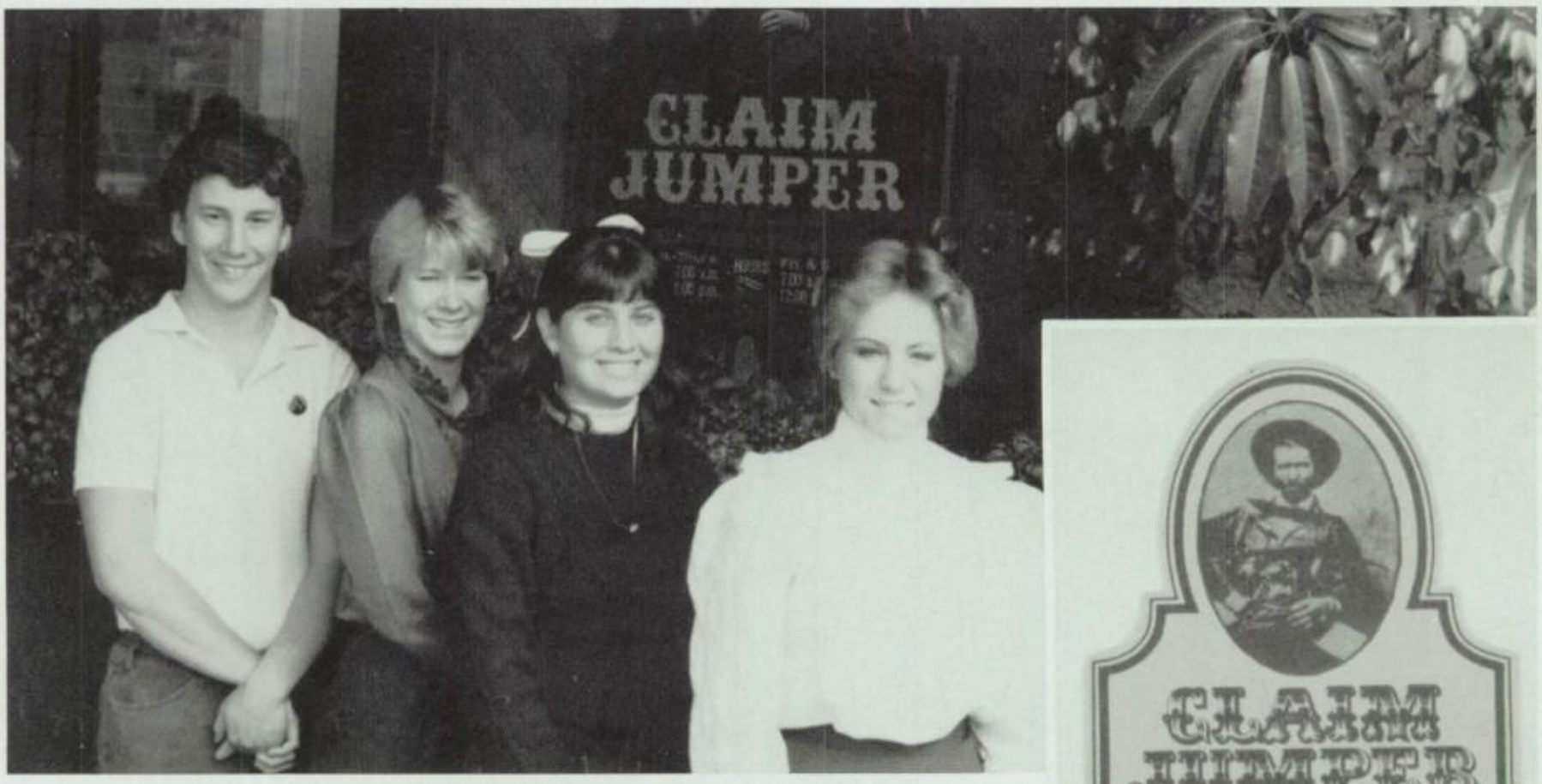
Senior, Carolyn Gough takes some advise from the Edwards hair dresser who shows her some creative ways to syle her long hair.



Larry Rosen, Sandy McClaren, and Melinda Zommick talk to the waitress while waiting to be seated at the Claim Jumper.

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Senior Carol Ann Crawford checks out the facilities at Bobkat's Bugg Repair.

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Stacia Bodeman looks for shirts and transfers at The T-Shirt Stop.

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Debbie Bergman decides that a colorful bouquet bought at the Los Alamtios Florist would make a perfect gift.

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Steve Stein compliments the waitress and owner of Alejandros on the delicious and satisfying meal he just ate.

Lori Kidd, Bret Saxon, and Leslie Hacker try on clothes at Pacific Sunwear in the Marina Pacifica Mall. They find that there is quite a selection.

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Mike Asher looks to Asher Travel Service for all his traveling needs.

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While waiting for her car to be cleaned both inside and out, July Webb stops to rest a moment at the Rossmoor Car Wash.

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Gwen,

What a Friend I
Knew you are the only girl I
who can put up with
one shit at the station
no other girl can. your really
sweet stay and
Keep visiting me at
station the you funny
with the name
Love and Deshawn
Doug Elsee

Dear Gwen
your a really
Sweet girl and
I'm Glad were friend.
Keep on coming to the
Station and talk to us
76er's, "K"? Hope to see you
over the summer with
and good Luck
in the future.
Love Dave
896 3932

Gwen,
It was great knowing you for such
a short time. I hope we can become better
friends in the future. Stay sweet
Love you
Curtis

Gwen,
It was nice meeting
ya this year. I hope
you enjoyed my stories. (ha ha)
I know I'm a weird guy
but oh well. call me. 598-1886
Love Ya
Mark Ray

Gwen,
It was nice getting to know you your a real
nice girl who needs just
facial God Know I'm just
Kidding I love ya

GWEN,
The only reason
why I'm signing your
yearbook is because you WENT
out with a hot guy like Dan.
Take it easy and Relax TEX, go out
with Dan more often, K's the stud of
the 80's.
TIM STICK

Gwen,
Hope you have hope
a great summer hope
to see you during the cation.
I would like to know if
you like Boys, I hope so. Love
ya late tex hopin the
sucks Loue,
Spencer Brow

RUDE BOY!

BINDING FRIENDSHIPS